

## NSS Activities during the academic year

The NSS volunteers actively participated and rendered their services to the University in all the campus activities through the following programmes:

1. **Mega Plantation Drive:** The programme was inaugurated by Prof. (Dr.) R.K. Kohli, Vice-Chancellor, CUPB. He delivered a speech about global warming and benefits of tree plantation. NSS volunteers took part and contributed their service by planting the saplings at Main Campus of CUPB. CUPB, Students' Union Inauguration: The volunteers were involved in registering the name of the students who participated in Student Union Election, and collected the feedback from students.
2. **Teachers' Day:** On 5<sup>th</sup> September, the NSS volunteers played a key role in the smooth conduct of the program.
3. **Annual Sports & Athlete Meet:** The NSS students volunteered in the event of Annual Sports & Athlete Meet to help and guide the participants.
4. **CUP Alumni Day:** 27 February 2016 was celebrated as the Alumni Day by the university. The volunteers helped in the smooth conduct of the University alumni day. The volunteers also helped in setting up a souvenir shop apart from arranging the food and guiding the alumni.
5. **Foundation Day Celebration:** NSS volunteers took part and contributed their service in the Foundation Day celebration programme which was held at the university.
6. **NSS Special Camp:** NSS Special Camp was organised for 14 days from 28 March, 2016 to 10 April 2016 at the City and Main Campus of CUPB. There were 60 NSS Volunteers from University who attended the Special Camp. The Cleanliness drive in the city campus involved maintenance of the sports ground of CUPB, beautification of city campus, watering the plants and maintaining of the saplings at main campus of CUPB planted during the mega plantation drive.



NSS team of Central University of Punjab

### **Legal Awareness Programme to Commemorate International Women's Day**

In order to celebrate International Women's Day, Centre for Law organised a two-day Legal Awareness Programme on "Women Related Laws" in collaboration with National Commission for Women, New Delhi on March 8-9, 2016 at the university auditorium. The programme was inaugurated by the Vice-Chancellor, Prof. R. K. Kohli, in the presence of eminent guests such as Prof. Nishtha Jaswal, Professor, Department of Law, Panjab University, Chandigarh; Prof. Rajesh Gill, Department of Sociology, Panjab University, Chandigarh;

Mrs. Paramjit Kaur, Chairperson, Punjab State Women's Commission, Chandigarh; Ms. Laxmi Kanta Chawla, Former health minister, Govt. of Punjab Adv. Mandeep Kaur Dhillon, & Adv. Amandeep Kaur Bajwa, Advocates, District Court, Bathinda; and many other participants from various fields of the society. Prof. Kohli urged the youth to come forward actively to accelerate the movement of women empowerment. Touching upon various issues like female foeticide and gender indiscrimination, he dwelled upon the challenges being faced by women in the society and the need to ensure the prevalence of the concept of gender justice at the grass root level and its practical implications. The event received huge response from within the university and form nearby districts as well as districts of adjoining states as 136 people got registered (24 Faculty, 100 Students, 12 others). Among the registered participants 72 were female and 64 were male.



**Prof. Nishtha Jaiswal presenting her views to the audience**

### Fitness Camp organised for CUPB members

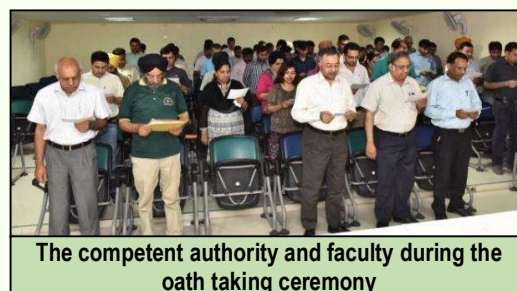


Students practising during the camp

The Sports wing of Central University of Punjab organised a fitness camp for all the CUPB members from April 9, 2016 to April 25, 2016. Faculty, non-teaching staff and students were taught how to remain fit, and were given training on using fitness equipments in the Fitness Centre of the university. The session was held in the evening from 6:00 pm to 7:00 pm in the Fitness Centre and 20-25 participants made their presence, showcasing their concern for maintaining fitness.

### Observance of Anti-Terrorism Day

The Anti-Terrorism Day was observed on May 20, 2016 at Central University of Punjab. The members of both teaching and non-teaching staff took part in the oath taking ceremony. Honourable Vice-Chancellor, Prof. R. K. Kohli, paid a kind visit to the occasion. The members present pledged, "We, the people of India, having abiding faith in our country's tradition of non-violence and tolerance, hereby solemnly affirm to oppose with our strength, all forms of terrorism and violence. We pledge to uphold and promote peace, social harmony and understanding among all fellow human beings and fight the forces of disruption threatening human lives and values."



The competent authority and faculty during the oath taking ceremony

### Celebration of Yoga Week at Central University of Punjab



Students attending the morning session of Yoga Week

Central University of Punjab celebrated the Yoga Week from June 15, 2016 to June 21, 2016 at its city campus. The programme was a huge success right from its beginning on June 15, 2016, and two sessions, morning and evening, were held every day. Prof. R. K. Kohli, Vice-Chancellor, inaugurated the yoga week in the presence of Prof. P. Ramarao, Dr. Jagdeep Singh, and Prof. V. K. Garg. The Vice-Chancellor encouraged the participants to sustain the momentum. He pointed out that Yoga is a part of Indian tradition and culture. Dr. Jagdeep Singh, Registrar, introduced the two Yoga trainers Mr. Vijendra Sharma and Ms. Veena from Patanjali Yoga Samiti,

Bathinda. The trainers also delivered lectures on the importance of Yoga in solving many health problems and in bringing the mind and body in unison with each other. The programme was coordinated by Dr.

Anjana Munshi and Dr. Jubilee Padmanabhan. The NSS unit of Central University of Punjab also participated in the Yoga week under the leadership of Dr. Deepak Chauhan, Assistant Professor, Centre for Law, and the NSS Coordinator.

During the Yoga week, poster presentation and yoga competition were also organised. On the morning of June 21, 2016, prizes for best performance in yoga were awarded to Ms. Ritu Kamboj and Mr. Surya Parkash while Mr. Radhey Shyam was awarded for consistent and regular attendance in all the yoga sessions. In poster presentations, Ms. Mehul Arora, Ms. Serra Verma and Mr. Tejpal Singh were selected as the winners.

The Prize Distribution Ceremony was presided over by Prof. R. K. Kohli.



Students performing asanas during the Yoga Week

### Computer Literacy Programme for Wards of the Staff of CUPB

A two week computer literacy programme was conducted for the wards of the staff of Central University of Punjab from June 20, 2016 to July 1, 2016. Er. Surinder Singh Khurana, Assistant Professor, Centre for Computer Science and Technology was the coordinator of the programme. The faculty members and staff of Centre for Computer Science and Technology conducted the classes. Twenty students participated in the programme out of which nineteen completed.



A participant receiving the certificate on the successful completion of the course



### **National Service Scheme (NSS) Cell at CUPB**

About 200 students have registered themselves in the NSS Cell of the university. These students carry out various social activities under the supervision of the NSS Coordinator. The NSS cell organised a ten-day camp from April 1-10, 2016 in which 60 students participated. During the camp the students cleaned the main campus at Ghudda and the city campus of the university. On June 6, 2016 the NSS volunteers removed the weeds from the trees which were planted last year during the mass plantation drive. On June 9, 2016 'chhabeeel' (sweet water distribution) was organised in which about 150 volunteers participated and sweet water was served to about 18,000 commuters on Mansa road on a scorching hot day.



**Volunteers during "Chhabeeel" on Mansa road**

### 15<sup>th</sup> to 21<sup>st</sup> June, 2016: Celebration of Yoga Week at Central University of Punjab

Central University of Punjab celebrated the Yoga Week from 15-21 June, 2016 at its city campus. The programme was a huge success right from its beginning on June 15, 2016, and two sessions, morning and evening, were held every day. Prof. R. K. Kohli, Vice-Chancellor, inaugurated the yoga week in the presence of Prof. P. Ramarao, Dr. Jagdeep Singh, and Prof. V. K. Garg. The Vice-Chancellor encouraged the participants to sustain the momentum. Yoga trainers Mr. Vijendra Sharma and Ms. Veena from Patanjali Yoga Samiti, Bathinda trained the participants and delivered lectures on the importance of Yoga in solving many health problems and in bringing the mind and body in unison with each other. During the Yoga week, poster presentation and yoga competition were also organised. On the morning of June 21, 2016, prizes for best performance in yoga were awarded to Ms. Ritu Kamboj and Mr. Surya Parkash while Mr. Radhey Shyam was awarded for consistent and regular attendance in all the yoga sessions. In poster presentations, Ms. Mehul Arora, Ms. Serra Verma and Mr. Tejpal Singh were selected as the winners.



Students performing Asanas during the Yoga Week

### 27<sup>th</sup> June, 2016 CUPB celebrated International Day for Biological Diversity

Central University of Punjab, Bathinda through its Centre for Environmental Science and Technology and Community College (UGC Scheme) in collaboration with Punjab Bio-diversity Authority and National Bio Diversity Authority celebrated International Bio-diversity day.

The CUPB invited two prominent stalwarts Prof. Daizy R. Batish and Prof. Arun D. Ahluwalia, both from Panjab University, to commemorate the event. Prof. Batish in her presentation, enlightened the audience with the theme of International Biodiversity Day 2016 that is 'Mainstreaming Biodiversity; Sustaining People and their Livelihoods'. Prof. Batish stated that biodiversity should be given foremost consideration in modern life style because it is useful for the survival of mankind from ecological, economical, cultural, and social and so many other perspectives. Pointed out she that about 50% of all species faced mass extinction due to natural calamities in 440 million years. But nowadays, the speed of deterioration of mass life on the earth has increased due to man made causes.

In the second session, Prof. Arun D. Ahluwalia spoke at length about history of life on the earth. He refuted the assertions of botanists regarding man made harm to the environment. He elaborated the man and the earth relationship with the help of the cliché, 'The Earth does not belong to us, and we belong to the Earth'. Therefore, mankind should have a peaceful and harmonious relationship with the Earth and the Nature. He inspired teachers and researchers to find beauty and romanticism in education and research to make it more interesting. Prof. V.K. Garg, Dean EVST, Prof. A.K. Jain, Dr. Kiran K. Singh and Dr. Tarun Arora were also present on the occasion.



### Central University of Punjab holds National Youth Parliament

The Central University of Punjab organised National Youth Parliament on September 9, 2016 in its campus. The main motive of the competition was to create interest among students about the politics and the functioning of the parliament. In the competition, students performed all duties of MP's and acted as parliamentarians of the ruling and opposition parties. They took part in the proceedings of the Parliament and addressed the issues through Speaker of the House. The Central University of Punjab created a niche by setting the benchmarks for other competitors of the 13<sup>th</sup> National Youth Parliament competition. Avinash Rai Khanna, Ex Rajya Sabha MP, praised the performance of the students. He explained the



National Youth Parliament participants posing with the Dignitaries

procedure of the Lok Sabha to the students, covering all process of voting, decorum, role of Speaker, role of Secretaries, Secretary General, Deputy Speaker, Opposition and Leader of Opposition. Kulvir Singh, nominated judge, also discussed the constructive role of the opposition and various stages of passing a bill. S.P. Singh, a representative of the Ministry of Parliamentary Affairs, applauded the efforts and scholastic visions of the university administration in giving the students such infrastructure for co-curricular activities. Igona Pandey, Vishakha Chib, Jithin VJ, Richa and Purshutam Kumar were declared the

winners for the award of certificate of appreciation, which to be issued by the

Ministry of Parliamentary Affairs in the National Prize Distribution Ceremony at Delhi. Dr. Tarun Arora, coordinator of National Youth Parliament, said that the students touched various issues like widening of national highways, damages arising out of delays, abuse of powers by government mechanism, problems of law and order, issues relating to sports, religion and environment. Prof. R.K. Kohli, Vice Chancellor, congratulated the best performers and also encouraged others to strive for healthy competitions. He ensured the dignitaries that the university would continue its endeavour for overall development of the personality of the students. He said such competition would really help the citizens of India to strengthen the roots of democracy.

### Observance of Swachh Bharat Pakhwara at Central University of Punjab

Central University of Punjab, Bathinda observed Swachh Bharat Pakhwada from September 1, 2016 to September 15, 2016 as a mark of cleanliness and hygiene. Activities like weeding out the old files and removal of waste material like broken furniture, etc. particularly in faculty rooms and administrative block of the campus were conducted. The motive of the event was to encourage students and faculty to participate in the Swachhta Abhiyaan not just for one day, but adopting cleanliness as a routine activity to make their surrounding and country clean and green.



Volunteers during the cleanliness drive

### World AIDS Day Observed at CUPB

The NSS cell along with Vardaan-Health Awareness Club of CUPB organized an awareness programme on World AIDS Day on December 01, 2017. Poster making, painting and slogan writing competitions were organized to spread awareness of it among the students. Students enthusiastically participated in the event, the posters, paintings and slogans were judged by Dr. Kiran K. Singh, Dr. Biswajit Behera, Dr. Shamshir Dhillon and Mrs Shweta Arora. Mr. Narinder Kumar Bassi, social activist, a renowned community AIDS educator and recipient of the UN AIDS Civil Society award graced the occasion by his presence. Prof. P.

Ramarao, Dean Academic Affairs presided over the closing and prize distribution ceremony and added that students and the peer educators would play a vital role in spreading awareness about AIDS.



Students participating in Poster Making competition



### National Youth Day Celebrated

The birth anniversary of Swami Vivekananda is celebrated as a National Youth Day on this occasion a district level speech competition on the topic of 'Relevance of Swami Vivekananda's Philosophy in 21<sup>st</sup> Century' was organized by the NSS Cell of Central University of Punjab, Bathinda on January 12, 2018. Swami Surya Dev, founder of Maharishi Yoga Ashram, Goniana Mandi, Prof. R. K. Mahajan (Rtd.), Chairman, Swami Vivekananda Study Circle, Bathinda and

Shri. Narinder Bassi (Social Worker) were invited for the event. Swami Surya Dev, enlighten the students with different motivational and inspirational life experiences of Swami Vivekananda. Prof. R. K. Mahajan shared the importance and relevance of Swami Vivekananda's philosophy in the life of youth. Total 16 students, from Giani Zail Singh Campus College of Engineering and Technology, DAV College and



Participants along with faculty members posing together

Central University of Punjab, Bathinda, took participation in speech competition. Karula Sharma and Bharat, students from CUPB got first and second positions respectively. Reetika Goyal, student of GZSCCET and Romanshu Garg, from CUPB shared the third position in speech competition.

### **Women's Day Celebrations**

To commemorate the International Women's Day, NSS Cell of the university organised a lecture on "Laws for Sexual Harassment" by Prof. Nishtha Jaswal, Chairperson, Department of Laws, Panjab University, Chandigarh. Prof. Jaswal briefed the audience about the laws and penalties for sexual harassment. The lecture was followed by a declamation competition where students from various local schools and colleges participated. The event was graced by Ms. Avneet Kaur Sidhu, Indian shooter and Deputy Superintendent of police, Bathinda.



**Prof. Nishtha Jaswal gracing the event with her address**

## National Service Scheme

National Service Scheme of Central University of Punjab has experienced a dynamic change in the academic year 2017-18. The NSS Unit resumed its activity with its motto '**NOT ME BUT FOR YOU**'. NSS activities began with the following aims and vision. It seeks to raise awareness among students on national integration, social harmony, general health awareness, personality development, personal hygiene, mental health and stress management.

### NSS Officers of the University:

Sr.	Name of the Officer	Designation	Mobile No.	Email Id
1	Dr. Deepak Kumar Chauhan	Programme Coordinator	98727-46869	deepak.chauhan@cup.edu.in
2	Dr. Ashwani Kumar	Programme officer Unit-I	78372-29143	ashwani.kumar@cup.edu.in
3	Dr. Monisha Dhiman	Programme officer Unit-II	81465-65969	monisha.dhiman@cup.edu.in
4	Dr. Sandeep Kaur	Programme officer Unit-III	94641-16560	sandeep.kaur@cup.edu.in
5	Dr. Ramanpreet Kaur	Programme officer Unit-IV	98556-56963	ramanpreet.kaur@cup.edu.in
6	Dr. Rajinder Kumar Sen	Programme officer Unit-V	98886-18975	rajinder.kumar@cup.edu.in

### NSS Activities during the Academic Year

#### NSS Seven Days Special Camp

NSS Special camp for seven days from 17<sup>th</sup> April to 23<sup>rd</sup> April 2017 was organised in village Katar Singh Wala, of Bathinda Distt. The camp started with a mission to create awareness among the villagers and generate service sentiments in students, in the presence of Mr. Sukhpreet Singh, (Sapanch, Katar Singh Wala), Smt. Ritu (Principal, Govt High School, Katar Singh Wala, Smt. Vimala, (Teacher, Govt. High school, Katar Singh Wala), Dr Deepak Chauhan, Dr. Ashwani Kumar, Programme Officer NSS Unit-I, Dr. Monisha Dhiman, Programme Officer, NSS Unit-II, Mr. Sukhnaib Singh, Office Assistant, and NSS volunteers. NSS Volunteers started the camp with cleaning the and water works and later the volunteers campaigned door to door to motivate the people for Swachh Bharat Abhiyaan, road safety, cashless schemes and Beti Bachao, Beti Padoo.



Lecture on Health Awareness in the special camp at Govt. School, village Katar Singh Wala



NSS Volunteers interacting with people of village Katar Singh Wala on Health Awareness



Head Constable Hakam Singh delivering a lecture in Traffic issues on 4<sup>th</sup> day of special camp



ASI Suresh Kumar delivering a lecture on Road issues during the Special camp



NSS Volunteers during plantation drive at Village Katar Singh wala on 6<sup>th</sup> Day of the special camp



Plantation Drive



Dr. Sunil Mittal delivering a lecture on Environment on the occasion of Earth Day



Nukkad Natak on Theme "Beti Bachao, Beti Padhao" on the last of seven-day camp

### World AIDS Day

The NSS cell along with Vardaan-Health Awareness Club of CUPB organized an awareness programme on World AIDS Day on 1<sup>st</sup> December 2017. Poster making, painting and slogan writing competitions were organized to spread awareness of it among the students. Students enthusiastically participated in the event, Prof. P. Ramarao, Dean, School of Basic Applied Sciences presided over the closing and prize distribution ceremony and added that students and the peer educators would play a vital role in spreading awareness about AIDS.





**NSS volunteers on registration**



**Mr. Narinder Kumar Bassi, Social Worker delivering a lecture on AIDS**

### **Cleanliness & Plantation Drive at Main Campus of CUPB**

To clean and save the environment, NSS volunteers cleaned the area of university near the Administrative Block of University at City campus of CUPB on 12<sup>th</sup> August 2017. NSS volunteers motivated the other students to clean and save the environment. Volunteers were very enthusiastic to clean the university and to complete the activity. On 19<sup>th</sup> August and 16<sup>th</sup> September, and 23<sup>rd</sup> September 2017 plantation drives were organised at Main campus of Central University of Punjab, Bathinda. The volunteers planted about 400 saplings followed by watering and maintaining the old plants.



**NSS Volunteers cleaning the university premises at the plantation drive camp**

### **Painting / Poster making competition**

A District Level competition of Poster Making / Slogan Writing on AIDS Awareness was organized by NSS Cell, CUPB along with Vardaan Club of CUPB and Punjab Youth Services on 12<sup>th</sup> December 2017. NSS volunteers / Students of CUPB and Students of Shri Guru Teg Bahadur (SGTB) College of Education, Balloh, Punjab participated in this competition. Anshika Tyagi, Parnika Gupta, and Rahat Khan students of CUPB got 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> prize, respectively in poster making competition. Jahanvi and Bharat students of CUPB got 1<sup>st</sup> and 2<sup>nd</sup> prize, respectively and Marpreet Kaur student of SGTB college of Education got 3<sup>rd</sup> Prize in painting competition. Mr. Kulwant Singh, Assistant Director, Youth Services, Bathinda, Mr. Narinder Bassi, Social worker and Dr. Sudhir Singh Verma, Assistant Professor, CUPB were the judges



Painting / Poster making competition by NSS

### Health Awareness and Plantation Drive at Village Katar Singh Wala and Jassi Pau Wali

To create awareness among the villagers and students of Govt. High School, National Services Scheme (NSS) volunteers of Central University of Punjab, Bathinda visited village Katar Singh Wala and Jassi Pauli on 11<sup>th</sup> September 2017 under Swachhta Pakhwada events. Dr. Ashwani Kumar, Programme Officer visited Govt. High School, Katar Singh Wala with his team of NSS volunteers and delivered lectures about health awareness and cleanliness of surroundings to the students of primary school and 25 saplings were planted by the NSS Volunteers inside the Govt High School Campus, Katar Singh Wala. Dr. Monisha Dhiman, Programme Officer visited Govt. High School, Jassi Pauli along with the NSS volunteers and gave a lecture on Health Awareness and Hygiene to girl students of the school.



Dr. Monisha Dhiman and NSS volunteers at Govt. High School Jassi Pau Wali



NSS Volunteers and school students planting saplings

### 23<sup>rd</sup> March 2018: Drug-free pledge taking ceremony

As per the directions of the Govt. of Punjab, 23<sup>rd</sup> March 2018, Martyr's day of Sardar Bhagat Singh, Rajguru and Sukhdev, was celebrated as the Drug Free Day at the Central University of Punjab, Bathinda. A pledge, provided by the state govt. was taken by the NSS volunteers and other students. A total of 50 students took the pledge to stay away from drugs.

### Conservation Day Celebration

25<sup>th</sup> November, 2017 was observed as Conservation Day. On this occasion of Qaumi Ekta Week (National Integration week) a camp was organized at the main campus of the Central University of Punjab, Bathinda to maintain the plants that were planted by the NSS Cell from August to November 2017. About 2500 plants were inspected on 25<sup>th</sup> November, 2017 at the main campus of CUPB by the NSS volunteers. Weeding and cleaning of the plants was also carried out under the supervision of Dr. Deepak Kumar, Programme Coordinator NSS Cell, Dr. Baneet, Consultant Horticulture, and Mr. Sukhnaib Singh, DEO NSS.





**Hon'ble Vice Chancellor NSS team at Main Campus**



**NSS volunteers removing weeds**



**NSS Volunteers during plantation on 24<sup>th</sup> February 2018 at Main campus of CUPB**

### **National Youth Day Celebrated**

The birth anniversary of Swami Vivekananda on 12<sup>th</sup> January is celebrated as a National Youth Day. On this occasion a district level speech competition on the topic of 'Relevance of Swami Vivekananda's Philosophy in 21<sup>st</sup> Century' was organized by the NSS Cell of Central University of Punjab, Bathinda. Swami Surya Dev, founder of Maharishi Yoga Ashram, Goniana Mandi, Prof. R. K. Mahajan (Rtd.), Chairman, Swami Vivekananda Study Circle, Bathinda and Shri. Narinder Bassi (Social Worker) were invited for the event. Swami Surya Dev, enlightened the students with different motivational and inspirational life experiences of Swami Vivekananda. Prof. R. K. Mahajan shared the importance and relevance of Swami Vivekananda's philosophy in the life of youth. Total 16 students, from Giani Zail Singh Campus College of Engineering and Technology, DAV College and Central University of Punjab, Bathinda, participated in speech competition.



**Winners and the participants of the speech competition**

### Parade at Main campus of CUPB on Republic Day

The NSS volunteers for the first time participated in the parade during the Republic Day celebration at the main campus of the university. Participation in parade is considered as a matter of great pride for the NSS volunteers and is a mark of recognition for their selfless community service.



Republic Day Parade at the Main Campus, Ghudda

### Women's Day Celebration on at the City Campus

The International Women's Day was commemorated in the university, lecture on "Laws for Sexual Harassment" by Prof. Nishatha Jaiswal, Chairperson, Department of Law, Panjab University, Chandigarh was organised. Prof. Jaiswal briefed the audience about the laws and penalties for sexual harassment. The lecture was followed by a declamation competition where students from various local schools and colleges participated. The event was graced by Ms. Avneet Kaur Sidhu, Indian shooter and Deputy Superintendent of police, Bathinda.



Hon'ble Vice Chancellor, CUPB during his speech



Dr. Nishtha Jaiswal addressing at the of occasion of International Women's Day





**Sh. Anil Gaur delivering the introductory address**



**Vice Chancellor Prof. R. K. Kohli and participants during the handloom exhibition**

### **8<sup>th</sup> August 2017: Central University of Punjab administered the Pledge for a New India**

As per the directives of the Ministry of Human Resource Development, the Central University of Punjab, Bathinda (CUPB) organized a ceremony for taking Pledge for a New India in its City Campus to commemorate the 75<sup>th</sup> anniversary of Quit India Movement.

Inspiring the faculty, students and staff of the university to take a pledge for a New India, the Vice Chancellor Prof. R. K. Kohli administered the pledge for making India clean and free from poverty, corruption, terrorism, communalism and casteism.

Prof. Kohli asserted that apart from being aware of our rights, we must perform the associated duties too. He told that every citizen must make efforts for rooting out evils of corruption, casteism, communalism etc. prevailing in the society. While talking on corruption, the Vice Chancellor added that we should not only limit ourselves to avoiding corrupt practices, but we should also endeavour to stop other people indulging in corruption.

Recalling the sacrifices of the freedom-fighters and martyrs for the Independence of India, Prof. Kohli added that we should be determined and devoted towards the development of the nation. He also appealed to contribute to the development of nation by judicious use of our resources.



**Glimpses of the pledge taking ceremony**

### **12<sup>th</sup> August 2017: Biodiversity Awareness Campaign**

The Central University of Punjab, Bathinda in collaboration with Punjab Biodiversity Board, initiated a Biodiversity Awareness campaign to motivate the students to take positive actions for the conservation and sustainable utilization of biodiversity. On 12<sup>th</sup> August 2017, the students of CUPB were given free passes to visit the Bir Talab Zoo at Bathinda.

on the first day of the seminar, while Director of the National Institute of Social Defence Sh. Anand Katoch was the keynote speaker on this occasion.

Social worker, NGOs and media persons along with faculty, staff and students and research scholars participated in this seminar.



Sh. Anil Katoch and Prof. Nishtha Jaswal delivering the keynote addresses

#### 1<sup>st</sup> - 15<sup>th</sup> September 2017: Celebration of Swachhata Pakhwada at CUPB

Swachhta Pakhwada was celebrated in the university from 1<sup>st</sup> to 15<sup>th</sup> September 2017. The event started with a cleanliness drive: cleaning the campus, cleaning the mess and cleaning the hostels, and it was followed by an essay writing competition on the topic "Innovative ways for spreading the message of hygiene". On the concluding day an elocution competition on the topic "Health and Hygiene is the real wealth" was organised. Students and university staff from various departments registered themselves for various competitions.



Participants of the Essay Writing competition

#### 5<sup>th</sup> September 2017: CUPB organised Rock Concert – Yeah India ka time hai

Under the directives of the MHRD, Govt. of India and the aegis of the Vice Chancellor Prof. R. K. Kohli, the Central University of Punjab, Bathinda organised a "Rock Concert – Yeah India ka time hai". The programme was a part of the MHRD initiative for instilling patriotism in students through rock concerts. The programme was a part of the nationwide Rock Band Concert series to mark national movements carried out for the freedom of India.

The Swastika Band, identified by the Ministry of Information & Broadcasting, had a very amiable presentation of the rock melodies sensitizing the youngsters to tap with the light and musical presentation. Students of the university also made presentations of patriotic songs that received great applause

Prof. Jagdeep Singh, Registrar of the Central University of Punjab was the Chief Guest of the programme. Prof. Jagdeep asked the students to enjoy the rock band to accomplish 'Sankalp Se Siddhi', the vision of the Govt. of India.

Mr. Rajiv Arora and Mr. Gurmeet Dhiman from All India Radio's Bathinda FM station 101.1 covered the programme, which was broadcast on 11<sup>th</sup> September 2017 on Bathinda FM station. During the programme, Mr. Rajiv Arora organised an interactive session as well where students participated by providing their unique ideas about the holistic development of India. The students, faculty, staff and the guests from the city took pledge for a new India,

### 30<sup>th</sup> October - 4<sup>th</sup> November 2017: Vigilance Awareness Week

University of Punjab, Bathinda observed Vigilance Awareness Week from 30<sup>th</sup> October to 4<sup>th</sup> November 2017 on the theme "My Vision-Corruption Free India". During the week, various activities were organised for the vigilance awareness. A cycle rally and a walk-for-a-cause were organised in which the students, faculty and non-teaching staff of the university participated with great enthusiasm. A panel discussion on the theme 'My Vision- Corruption free India' was organized on 3<sup>rd</sup> November 2017. The Department of Education and NSS Cell organized an interaction session on Vigilance Awareness in Govt. Secondary School of Katar Singhwala village on 2<sup>nd</sup> November 2017. The closing ceremony of Vigilance Awareness Week was held on 9<sup>th</sup> November 2017, which was presided over by the Vice-Chancellor, Registrar and other senior officials of the university.



**DSW Prof. V. K. Garg showing green signals to the participants of the Cycle Rally**



**The Walkers during the rally in the City**



## The Year in Review: 2017-18

### 14<sup>th</sup>—21<sup>st</sup> May 2017: International Yoga Day and Yoga Week Celebration

The Central University of Punjab organised the closing ceremony of yoga week which started from 14<sup>th</sup> June to 21<sup>st</sup> June 2017. An instructor from Chandigarh practiced the yoga session by the students, teachers and other staff. During yoga session, *Shavasan*, *Bhujangasan*, *Makarasana*, *Vajrasana*, *Madukasana*, *Gyanmudrasana* were practiced by the yoga instructor.

After the yoga session Dr. Jubilee welcomed all the yoga students and presented the report of the yoga week. While emphasizing on practising the yoga, she shared her personal experience and advantages of yoga for health. Prof. Jagdeep Singh thanked the participants.



Students, faculty, staff and their family members practising Yoga



### World Health Day Celebrated at CUPB

A health camp in the University campus to commemorate 'World Health Day' on April 07, 2018 was organised by Community Development Cell, NSS and Vardaan Club in association in Bathinda Cycle club for elderly people (age above 50). The camp started early morning and about 90 volunteers enthusiastically registered for various test such measuring blood pressure, blood sugar and other vitals. The main highlight of the camp was the Fecal Immunochemical Test (FIT) where the stool test for individuals more than 55 years of age for polyps (abnormal tissue), diverticulitis, colitis, Crohn's disease, inflammatory bowel disease (IBD), and Irritable bowel syndrome (IBS) was tested.



Volunteers during the Health Camp

### World Environment Day

The NSS Cell along with Vardaan Club of Central University of Punjab, Bathinda celebrated World Environment Day to create awareness about environment pollution, types of pollutants and best practices to keep the university premises clean and pollution free. NSS volunteers and staff of the

university participated in the cleanliness drive and segregated the biodegradable and non-biodegradable waste. The NSS volunteers under the supervision of Dr Monisha Dhiman later visited the Education Centre of Slum Children opposite Reliance Mall, Barnala Road, Bathinda and organised a poster making competition and various interactive activities to teach the slum children about environment and their responsibility to keep it clean.



Students in the cleaning drive and visit to the slum area

### Central University of Punjab, Bathinda celebrated International Day of Yoga

The Central University of Punjab, Bathinda organised a week long Yoga camp to observe International Yoga Day with an objective to generate awareness among students, faculty and non-teaching staff members about fitness at campus premises. This camp was inaugurated by Hon'ble Vice Chancellor, Prof. R.K. Kohli. On this occasion Mr. Vijay Sharma, District In charge Patanjali Yogpeeth and Smt. Veena, executive member, Women Patanjali Yogpeeth Punjab were the main speakers and guests who have enlightened the audience about various techniques of Yoga and their benefits. In this series, a seminar was held wherein Yoga guru Shri Radhey Shyaam Bansal, Prof. R.K. Gosai, Chairman, Yoga Sewa Samiti Bathinda along with their instructors demonstrated Ashtaang Yog, Pranayaam and other Yoga Techniques. Prof. (Dr) Jagdeep Singh, Registrar, explained the benefits of different Asanas and Pranayams how these asanas are helpful to strengthen physical and mental health and also in curing the different diseases.



CUPB employees taking part in Yoga classes

### 72<sup>nd</sup> Independence Day celebrations at Central University of Punjab

India's 72nd Independence Day was celebrated with a sense of patriotism and integrity at Central University of Punjab, Main campus at village Ghudda, Bathinda. The Independence Day celebration began with guard of honour, flag hosting and national anthem in the presence of Hon'ble Vice Chancellor, Prof R.K. Kohli, Central University of Punjab along with other dignitaries, guest and officials of the university. Prof. (Dr.) R. K. Kohli, spoke eloquently about the strength of our country, our duties and our role towards the betterment of our society. While speaking on this occasion, Prof. (Dr.) P. Ramarao, Dean Academics Affairs, said that all the citizens of India are equally responsible for nation building and managing its affairs. He also congratulated the whole teaching and non-teaching faculty members on this occasion. He added that CUPB has implemented innovative programme of student learning. The students of Central University of Punjab made cultural performances and sung patriotic songs. Prof. (Dr.) V.K. Garg, Dean Student Welfare, glorified the role

## National Service Scheme

S. No.	Name of Programme Coordinator	Mobile No.	Email Id
1	Dr. Deepak Kumar Chauhan	98727-46869	drdeepakkumarchauhan@gmail.com

### Details of Programme Officers:

S. No.	Name of Programme officer	Mobile No.	Email Id	Unit
1	Dr. Ashwani Kumar	78372-29143	kanishka1127@gmail.com	Unit-I
2	Dr. Monisha Dhiman	81465-65969	monisha.dhiman@gmail.com	Unit-II
3	Dr. Sandeep Kaur	94641-16560	kaursandeep00@gmail.com	Unit-III
4	Dr. Ramanpreet Kaur	98556-56963	Raman.josan@yahoo.co.in	Unit-IV

### Details of NSS Volunteers:

S. No.	Total Number of NSS Volunteers	Year
1	439	2018-19

## NSS Activities

### World Environment Day

Central University of Punjab, Bathinda celebrated World Environment Day on 5<sup>th</sup> June 2018 to create awareness regarding keeping the environment free from non-biodegradable and toxic items and for keeping the university premises clean and pollution-free. NSS volunteers and other employees of the university participated in the cleanliness drive in the university premises. Later the NSS volunteers along with the Programme Officers visited and organised poster making/painting competition in the Education Centre of Slum Children opposite of the Reliance Mall, Barnala Road, Bathinda. Forty-seven slum students participated in this activity.



Dustbin installed by NSS Unit in the campus





**Glimpses of the Swachhata camp organized by CUPB**

### **Swachta Pakhwada organised at Central University of Punjab**

The NSS cell of the university organised various events under "Swachta Pakhwada". The pakhwada started with a sensitisation programme and mass pledge for Swachh Bharat Mission. Prof. V.K. Garg, Dean Students Welfare, gave the pledge to more than 200 participants.

The Swachta Pakhwada activities continued with a special camp "Swachhata Hi Seva" organised from 15 September to 2 October 2018 at various villages of Bathinda district. The objective of the camp was to promote and sensitise everyone for about cleanliness and "Swachh Bharat Abhiyaan". A cleanliness drive was carried out at Katar Singh Wala, Phoos Mandi, Jassi Pau Wali, Jhumba, Bahu Yatri and Ghudda where the Anganwari Centre, Panchayat Bhavan, streets and roads were cleaned. A survey was carried out to ensure the various parameter of a clean village.

### **Sadbhavana Divas**

20<sup>th</sup> August 2018, was celebrated as "Sadbhavana Divas" at the city campus of the Central University of Punjab, Bathinda by NSS Volunteers. A pledge for peace and harmony was taken by 40 participants including NSS Volunteers and other students of the university.



### Plantation Drives

The NSS Cell of CUPB is committed to the welfare of humanity and the protection of the environment. To achieve this goal the NSS Cell successfully organised various plantation drives on 21<sup>st</sup> July 2018, 4<sup>th</sup> August 2018 and 11<sup>th</sup> August 2018 at Main Campus, Ghudda. The NSS volunteers were able to plant more than 600 saplings during this drive. The plantation initiative of NSS Cell was supported by an NGO named "Plant A Tree", Bathinda, which contributed fruit saplings of Blackberry, Lemon, Orange, Amla and Guava that were planted at Main Campus of the University. Mega plantation drives were carried out in October and November 2018 during which about 2000 saplings were planted.



Glimpses of the various activities of plantation drive



### World AIDS Day

World AIDS Day was commemorated in the university campus on 1<sup>st</sup> December 2018. A lecture about the prevention, detection and treatment of AIDS was delivered by Mr. Narinder Kumar Bassi, Social Worker, Bathinda on the topic of “*KNOW AIDS, NO AIDS*.” Later the NSS volunteers organised a flash mob.



Group photo of NSS volunteers with Chief Guest Sh. N.K. Bassi

### National Voter's Day

In order to encourage young voters to participate in the Indian electoral process, The Central University of Punjab, Bathinda celebrated National Voter's Day on 25 January 2019. The event started with the National Voter's day pledge which was administered by Dr. Puneet Pathak (Assistant Professor, Department of Law). The NSS Cell organised a Declamation and Quiz Competition. Students, faculty and staff members from various departments participated in this event. A total of 9 students participated in the Declamation Competition and presented their thoughts on 'No voter to be left behind' and 12 teams from various departments participated in the Quiz Competition.



Pledge ceremony on National Voters Day

### A Visit to Hussainiwala

Swami Vivekananda's birthday on 12, January was celebrated as National Youth Day to encourage and inspire the youth of India with his teaching. The NSS Unit of the Central University of Punjab, Bathinda organised a trip to Hussainiwala National Martyrs Memorial and witnessed the Hussainiwala Retreat Ceremony to mark this day. The objective of the trip was to sensitise the youth about the sacrifices of our freedom fighters and to pay tribute to our soldiers for their sacrifices.

### World Cancer Day

NSS Cell of CUPB observed World Cancer Day on 4 February 2019. Cancer Awareness Walk was organised in order to raise awareness about cancer and to encourage its prevention, detection and treatment. Around 60 students & faculty members from various departments participated in this event to spread awareness about creating a future without cancer. The theme of this year's Cancer Day



Awareness drive on World Cancer Day



### 21<sup>st</sup> June 2018: Celebration of International Yoga Day

The Central University of Punjab, Bathinda organised a week-long Yoga camp to observe International Yoga Day. Its objective was to generate awareness among students, faculty and non-teaching staff members about health & fitness. The camp was inaugurated by Hon'ble Vice-Chancellor, Prof. R.K. Kohli. On this occasion, Mr Vijay Sharma, District In-charge Patanjali Yogpeeth and Smt. Veena, executive member, Women Patanjali Yogpeeth Punjab were the main speakers and guests. They enlightened the audience about various techniques of Yoga and their benefits. In this series, a seminar was held wherein Yoga guru Shri Radhey Shyaam Bansal, and Prof. R.K. Gosai, Chairman, Yoga Sewa Samiti Bathinda, along with their instructors, demonstrated Ashtaang Yog, Pranayama and other Yoga Techniques. Prof. (Dr) Jagdeep Singh, the Registrar, explained the benefits of different Asanas and Pranayams and how these asanas are helpful in strengthening physical and mental health, as well as in curing different diseases.



CUPB Employees taking part in Yoga Camp

### 15<sup>th</sup> August 2018: Independence Day Celebrations

The Central University of Punjab celebrated India's 72<sup>nd</sup> Independence Day with a sense of patriotism and integrity in its main campus at village Ghudda, District Bathinda. The Independence Day celebration began with the guard of honour, flag hosting and national anthem in the presence of Hon'ble Vice-Chancellor, Prof R.K. Kohli, along with other dignitaries, guests and officials of the university. Prof.(Dr.) R K. Kohli spoke eloquently about the strength of our country, our duties and our role towards the betterment of our society. While speaking on this occasion, Prof.(Dr.) P. Ramarao, Dean Academics Affairs, said that all the citizens of India are equally responsible for nation-building and managing its affairs. The students of the Central University of Punjab made cultural performances and sung patriotic songs. Prof.(Dr.) V.K. Garg, Dean Student Welfare, glorified the role and responsibility of the students and faculty for national growth. He added our country had provided us with many opportunities for growth and progress and that we should play this role with full responsibility. Prof.(Dr.) Jagdeep Singh, the Registrar, expressed his gratitude towards all the faculty members, administrative staff members, non-teaching staff members, students and NSS volunteers for their participation in making this program a great success. On this occasion, university authorities released the university anthem, composed by Dr. Rajinder Kumar.



Honourable Vice-Chancellor hoisting National Flag

Under the Rashtriya Avishkaar Abhiyaan (RAA) scheme, the Central University of Punjab encourages young minds to develop their interest in Mathematics and Science. As a part of RAA activity, 50 students from Govt. Senior Secondary School, Kuttiwal Kalan visited the university campus on 07 September 2018 to get exposure to the ongoing research in various science streams. The students were shown the university's computer centre, library and laboratories. Another group of 30 students from the Department of Biotechnology, Baba Farid College, Deon, Bathinda, visited the campus to see the world-class facilities of the university. The students were impressed with the state-of-art facilities and laboratories in their own city.

studies. Highlighting the achievements of the University, Honourable Vice-Chancellor said that CUPB has the highest *h*-index, an indicator of research output, among the newly established Central Universities in the country. He said that the demand ratio of various courses is increasing continuously over the years, this year on an average 57 students competed for 1 seat in Post-graduate courses while 73 students applied for 1 seat in PhD courses. He added that to achieve even higher academic standards, External Academic Audit has been introduced in the University from this year. Emphasising aspects other than the academic ones, he said that the University abounds in cultural diversity as students from 28 states and faculty from 18 states are a part of the University.

### **2<sup>nd</sup> October 2018: Celebration of 105<sup>th</sup> Birth Anniversary of Father of the Nation, Mahatma Gandhi**

To pay homage to the Father of the Nation on his 150<sup>th</sup> Birth Anniversary, students from the Department of Mass Communication, Department of Mathematics and Department of Pharmaceutical Sciences of CUPB participated in a play entitled "Communal Harmony: Dream of Gandhi". The play was based on the role of Mahatma Gandhi in maintaining peace and harmony post-independence. The script of the play was written by the university student Ravi Ranjan. The play was submitted to UGC for further transmission. In another event, the favourite bhajan of Mahatma Gandhi, "Vaishnav Jan", was sung in different Indian languages. Students from Kerala, West Bengal, Assam, and Gujarat sang the bhajan in Malayalam, Bengali, Assamese, Hindi and Gujarati, respectively.



**Students performing a play on Gandhi Jayanti**

### **31<sup>st</sup> October 2018: Walk for Unity on National Unity Day**

Central University of Punjab's Student Welfare Cell and the NSS wing together celebrated National Unity Day & organised a "Walk for Unity" in order to commemorate Birth Anniversary of Sardar Vallabhbhai Patel. On this occasion, students & faculty members participated in Walk for Unity to spread the message of unified Bharat. Professor V.K. Garg, Dean Student Welfare, informed students about the significance of this day and invited Dr Deepak Chauhan from Law Department to lead the Walk. After the Walk, all the participants took Rashtriya Ekta Diwas Pledge, along with the University authorities, to mark the occasion. On this occasion, Dean Academic Affairs Prof. P. Ramarao informed students about the valuable contribution of Sardar Vallabhbhai Patel in building a unified India. Prof. Dr Jagdeep Singh, Registrar congratulated faculty members and students for the successful execution of the event.

Pathania is also a Visiting Scholar at the College of Education, University of Massachusetts, Amherst and Post-Doctoral Researcher at the University of Southern California, Los Angeles, California. Dr Vinod Arya, Officiating Head of the Department of Sociology welcomed the guest and the audience. Dr. Pathania analysed the emerging trends of social behaviours within universities and emphasised on the need for conceptualising phenomena for better understanding. He mentioned that analytical and creative thinking is essential for the growth of any academic institution. The lecture was attended by Dr. Aditya Ranjan Kapoor, Dr. Sumedha Dutta, Dr. Shashank, Dr. Naresh Singla, Dr. Shiva and students of different departments.



Faculty and students of CUP Sociology  
Dept with Dr Gaurav Pathania

### **22<sup>nd</sup> November 2018: Blood Donation Camp organised by CUP NSS Wing**

Central University of Punjab NSS Wing organised a Blood Donation camp at its University Health Centre. A total of 50 students registered in this camp and donated their blood. Mr Kulwinder Singh, Assistant Director, Youth Services Punjab, Bathinda came to give his blessings to the donors. He said, "Every Individual should donate blood once in a year and help in saving the life of needy ones". Prof. Jagdeep Singh, the Registrar, congratulated organising Team on the success of this camp & mentioned that the University is committed for CSR Activities related to social welfare".



Program Officer Dr. Deepak Chauhan & Chief Guest Mr  
Kulwinder Singh giving blessing to the students  
donating blood



**1<sup>st</sup> December 2018: Special Lecture 'Know AIDS, No AIDS' on World AIDS Day conducted by NSS Wing**

Central University of Punjab NSS Wing organised a special Lecture on 'Know AIDS, No AIDS' on the occasion of World AIDS Day. The keynote speaker of this Session was Mr. Narinder Bassi, who is UNAIDS Civil Society Awardee and State Awardee, Community AIDS Educator. Students from various departments attended the lecture. Dr. Deepak Chauhan, University NSS Coordinator, welcomed the guest and introduced the theme to the audience. Mr. Bassi mentioned that youngsters always remain enthusiastic and generally get excited to do new things without checking their pros and cons in detail. On the contrary, mature persons consciously think and apply their wisdom before acting on any situation in life. He further stated routes by which HIV spreads, i.e. unprotected sex, HIV from mother to child, sharing of an infected needle, contaminated blood transfusion and organ transplant. He urged the youth to learn the art of wisdom from mature persons to stay away from this virus and make their life progressive. Mr. Robin Jindal, Public Relations Officer delivered the vote of thanks.



**Guest Speaker Mr. N. Bassi delivering a lecture on 'Know Aids No AIDS'**



**CUP Teachers and Students posing for a Group Photo with resource person Mr Narinder Bassi**

### **12<sup>th</sup> January 2019: National Youth Day celebrated by NSS Wing--CUP**

The NSS Wing of CUP celebrated National Youth Day by visiting Husseiniwala border at Ferozpur on the birth anniversary of Swami Vivekananda ji. During this visit, NSS Wing presented a framed picture of Swami Vivekananda ji to Indian soldiers and witnessed the Indo-Pak Retreat Ceremony. Program Incharge of the NSS Wing, Dr. Deepak Chauhan mentioned that the objective of the trip was to teach students about the efforts made by our freedom fighters to get independence and to inculcate the feeling of nationalism among them. Dr. Preeti Khetarpal, Ms. Shweta Arora, Mr. Narinder Bassi and NSS volunteers, along with students from various departments, participated in this program.



**CUP NSS Wing posing for a Group Photo at Husainiwala Border Ferozpur**



**CUP NSS Wing presenting a picture of Swami Vivekananda to Indian soldiers**

### **22<sup>nd</sup> January 2019: Quiz and Declamation Competition on National Voters Day organised by the NSS Wing**

In order to encourage young voters to participate in the Indian electoral process, the Central University of Punjab, Bathinda celebrated National Voter's Day on 25th January 2019. The event started with the National Voter's day pledge administered by Dr Punnet Pathak. Students, staff and faculty members participated in the program. On this occasion, University's NSS Wing also organised a Declamation and Quiz Competition. A total of 9 students participated in Declamation Competition and presented their thoughts on "No voter to be left behind", and 12 teams from various departments took part in Quiz Competition on National Voters Day. Mr. Ashish (Department of Computation Sciences) & the team of Department of Computation Sciences stood first in Declamation and Quiz Competition, respectively.

#### 4<sup>th</sup> February 2019: World Cancer Day observed

Under the guidance of Vice-Chancellor Prof. R.K. Kohli, Central University of Punjab's NSS wing observed World Cancer Day. On this occasion, a Cancer Awareness Walk was organised in order to raise awareness of cancer and to encourage its prevention, detection and treatment. Around 60 students & faculty members from various departments participated in this event to spread awareness about creating a future without cancer. At the onset, NSS wing Program Officer, Dr. Monisha Dhiman, gave a brief introduction about the event. Further, NSS Volunteers displayed charts on how to fight cancer through regular screening and early detection, through healthy eating and physical activity, by quitting smoking and by spreading its awareness among peer groups. After that, the Cancer Awareness Walk was conducted with the slogan of "I am and I will", calling for everyone's personal commitment to help reduce the global burden of cancer.



**CUP NSS Volunteers displaying charts with special messages on World Cancer Day**





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**16<sup>th</sup> February 2019: CUP organises Health Talks and Free Check-up Camp**

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The Central University of Punjab organised a Health Talk and a Free Health Check-up Camp on 16<sup>th</sup> February 2018 at its premises. The objective of this program was to spread health awareness among youngsters. The resource persons of this program were specialists from Ivy Hospitals, Bathinda. Students and faculty members from various departments participated in this event. The NSS program in-charge, Dr. Monisha Dhiman and University's Medical Officer Dr. Antriksh Gupta welcomed the guests and introduced the program theme. Mr. Ajay Bhatt, Regional Head IVY Hospital introduced his team of doctors to the audience and invited them on stage to share their expertise. Dr. Nishu Sethi, MD Gynecologist shared essential tips related to personal hygiene, which a woman needs to take care during periods. Dr. Surabhi shared Do's & Don'ts that we need to follow while giving First Aid Treatment to a patient. Dietitian Rajinder Kaur stressed on the need to take a proper amount of balanced and healthy diet in a day. Orthopaedic Surgeon, D. Mohit Garg, highlighted the sedentary lifestyle as the common cause of back and neck pain among youngsters. He recommended we should do regular exercise and sit in straight posture while doing our work. Post Health Talk, participants benefitted from the free health check-up camp.



**Dietician Rajinder Kaur sharing healthy diet tips**



**Dr. Mohit Garg examining patients**

### 18<sup>th</sup>- 24<sup>th</sup> February 2019: CUP NSS Wing organised 7 Day Camp at Village Katar Singhwala

The NSS wing of the Central University of Punjab conducted a seven-day awareness camp at the village Katar Singhwala, district Bathinda from 18<sup>th</sup> to 24<sup>th</sup> February. The camp aimed to create awareness about higher education, health and hygiene issues. During this camp, various programs were executed by NSS Volunteers under the themes of Hygiene Awareness, Road Safety, Save Animals and Pollution free Environment. Also, a special program was organised on drug de-addiction & *Beti Bachao Beti Padhao*. The attraction of the program was a street play and a special guest lecture. More than 70 villagers, including the sarpanch of the village, participated. The chief guest of this program was the well-known social activist, Mr. Narinder Bassi. Mr Bassi encouraged parents to spend time with children and keep a watch on them. He motivated young girls to focus on their education and build a bright career. Sarpanch of Katar Singh Wala, Mr. Hemraj, expressed gratitude and mentioned that such camps provided an opportunity for personal and social development.



Chief Guest Mr. Narinder Bassi interacting with Villagers in CUP NSS Camp

### 25<sup>th</sup> February 2019: CUP organised Inter-Departmental Quiz Competition

The Central University of Punjab organised an interdepartmental quiz competition at its Auditorium on the fifth day of its weekly celebrations conducted to mark its 10<sup>th</sup> Foundation Day celebrations. After participating in fun games like beyond the brush, pot painting, face painting and blind-spot etc., held on Sunday, a total of 9 teams from different departments challenged each other in Quiz Competition on Monday. More than 150 students came to witness this event and supported their favourite teams.



### **18<sup>th</sup> to 24<sup>th</sup> March 2019: Seven-day Awareness Camp at Jassi Pau Wali organised by NSS Wing- CUP**

The NSS Wing of the Central University of Punjab organised a seven-day awareness camp at Jassi Pau Wali village in district Bathinda. The camp aimed to create awareness about higher education, health, and hygiene-related issues. The theme on the first day was “Clean India, Green India”. Dr Ramanpreet Kaur, Programme Officer, NSS Cell CUPB and Mr. Sukhnaib Singh welcomed the participants. During one-week, various programmes and events were organised under Hygiene Awareness, Road Safety, Beti Bachao Beti Padhao, Save Animals, Birds and Natural Survival Techniques, Pollution-free Environment and Drug De-addiction.



**Mr. Sukhnaib Singh educating villagers about CUP NSS Special Camp**

### **25<sup>th</sup> to 29<sup>th</sup> March 2019: National Workshops on Environment Science and Economics organised by TLC**

The Teaching-Learning Centre (TLC) at the Central University of Punjab successfully organised two different one-week national workshops on Economics & Environment Studies disciplines from 25<sup>th</sup> to 29<sup>th</sup> March 2019. These workshops were sponsored by MHRD and organised under Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching. The objective of both these workshops was to enhance teaching and learning potential with a multidisciplinary approach. A total of 60 candidates representing various institutions from 9 states participated in these workshops. The workshops brought together subject experts and faculty members from all over the country to discuss issues related to the domains of economy, society and environment.

The workshop in Economic discipline was held on the theme ‘Indian Economy and Society in the 21st Century’. It started with the keynote speech of Prof. Sukhpal Singh from IIM Ahmedabad and Presidential address of Prof. Sucha Singh Gill from Punjabi University Patiala. Dr. Naresh Singla, the convenor of the workshop mentioned that it had provided a platform to discuss various aspects of the Indian Economy and analyse its future potential.

The workshop in Environmental Science discipline was conducted on the theme of “Recent Advances in Environmental Studies.”. The keynote speakers of the concluding day in this workshop were eminent scientists Prof. R.K. Kohli, and Prof. V.K. Garg. Dr. K.N. Yogalakshmi, the convener of this workshop said, this workshop

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**27<sup>th</sup> March 2019: A Training Camp on Disaster Management conducted by CUP - NSS Wing**

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The NSS wing of the Central University of Punjab (CUP) organised a one-day training camp on Disaster Management with National Disaster Response Force (NDRF). Inspector Govind Singh, Inspector Nakul Kumar, SI Sanjay Bist, ASI Pritam Singh and the whole Team of elite NDRF 7<sup>th</sup> BN, Bathinda visited the CUP campus to provide training. The objective of this campaign was to build capacity to tackle adverse situations at the time of emergency by sharing how to save lives and make use of low-cost lifesaving equipment. Dr. Deepak Chauhan, Programme Coordinator NSS Cell & Dr. Monisha Dhiman, Programme Officer, welcomed the guests and introduced the programme theme & its necessity.

Further, NDRF officials, along with their team, provided training to students on pre-hospital treatment techniques, including controlling the oozing of blood and Cardio Pulmonary Resuscitation (CPR). Well- trained and well-equipped professionals from the NDRF demonstrated the emergency relief and rescue operations as a part of a mock drill held at the building of CUP City Campus Admin Block. During the programme, various search and rescue equipment, communication equipment and improvised rafts were exhibited for generating awareness among youngsters.

Officials of NDRF emphasised that the prevention of disaster begins with awareness. They also mentioned that students and teachers could serve as messengers for promoting the culture of safety and disaster risk reduction. Dr. Ashwani Kumar thanked the NDRF Team & participants for making this event a success.



**NDRF team performing a mock drill exercise**



**CUP Students posing for a group photo with NDRF team**

### **31<sup>st</sup> March 2019: 7 - Day Camp at Naruana and Ghudda Village organised by CUPB NSS Wing**

The NSS Wing of the Central University of Punjab successfully organised a seven-day awareness camp at Village Naruana & Village Ghudda in the district Bathinda from 25<sup>th</sup> March to 31<sup>st</sup> March. The camp aimed to create awareness about higher education, health, hygiene, environment, and road safety issues. During the camp, various programmes were executed by NSS volunteers under the theme of Clean India, Green India, Hygiene Awareness, Road Safety, Pollution Free Environment, Save Animals & Birds Awareness Session and Natural Survival Techniques, Drug De-Addiction and Beti Bachao Beti Padhao. A special programme was held on Beti Bachao, Beti Padhao. The key attraction of the programme was a street play and a special guest lecture by social activist Mr. Narinder Bassi.



### World Health Day Celebrated at CUPB

A health camp in the University campus to commemorate 'World Health Day' on April 07, 2018 was organised by Community Development Cell, NSS and Vardaan Club in association in Bathinda Cycle club for elderly people (age above 50). The camp started early morning and about 90 volunteers enthusiastically registered for various test such measuring blood pressure, blood sugar and other vitals. The main highlight of the camp was the Fecal Immunochemical Test (FIT) where the stool test for individuals more than 55 years of age for polyps (abnormal tissue), diverticulitis, colitis, Crohn's disease, inflammatory bowel disease (IBD), and Irritable bowel syndrome (IBS) was tested.



Volunteers during the Health Camp

### World Environment Day

The NSS Cell along with Vardaan Club of Central University of Punjab, Bathinda celebrated World Environment Day to create awareness about environment pollution, types of pollutants and best practices to keep the university premises clean and pollution free. NSS volunteers and staff of the

university participated in the cleanliness drive and segregated the biodegradable and non-biodegradable waste. The NSS volunteers under the supervision of Dr Monisha Dhiman later visited the Education Centre of Slum Children opposite Reliance Mall, Barnala Road, Bathinda and organised a poster making competition and various interactive activities to teach the slum children about environment and their responsibility to keep it clean.



Students in the cleaning drive and visit to the slum area

### Central University of Punjab, Bathinda celebrated International Day of Yoga

The Central University of Punjab, Bathinda organised a week long Yoga camp to observe International Yoga Day with an objective to generate awareness among students, faculty and non-teaching staff members about fitness at campus premises. This camp was inaugurated by Hon'ble Vice Chancellor, Prof. R.K. Kohli. On this occasion Mr. Vijay Sharma, District In charge Patanjali Yogpeeth and Smt. Veena, executive member, Women Patanjali Yogpeeth Punjab were the main speakers and guests who have enlightened the audience about various techniques of Yoga and their benefits. In this series, a seminar was held wherein Yoga guru Shri Radhey Shyaam Bansal, Prof. R.K. Gosai, Chairman, Yoga Sewa Samiti Bathinda along with their instructors demonstrated Ashtaang Yog, Pranayaam and other Yoga Techniques. Prof. (Dr) Jagdeep Singh, Registrar, explained the benefits of different Asanas and Pranayams how these asanas are helpful to strengthen physical and mental health and also in curing the different diseases.



CUPB employees taking part in Yoga classes

### 72<sup>nd</sup> Independence Day celebrations at Central University of Punjab

India's 72nd Independence Day was celebrated with a sense of patriotism and integrity at Central University of Punjab, Main campus at village Ghudda, Bathinda. The Independence Day celebration began with guard of honour, flag hosting and national anthem in the presence of Hon'ble Vice Chancellor, Prof R.K. Kohli, Central University of Punjab along with other dignitaries, guest and officials of the university. Prof. (Dr.) R. K. Kohli, spoke eloquently about the strength of our country, our duties and our role towards the betterment of our society. While speaking on this occasion, Prof. (Dr.) P. Ramarao, Dean Academics Affairs, said that all the citizens of India are equally responsible for nation building and managing its affairs. He also congratulated the whole teaching and non-teaching faculty members on this occasion. He added that CUPB has implemented innovative programme of student learning. The students of Central University of Punjab made cultural performances and sung patriotic songs. Prof. (Dr.) V.K. Garg, Dean Student Welfare, glorified the role

## EVENTS ORGANISED

### **1<sup>st</sup> Dec 2018: CUPB NSS Wing conducted a Special Lecture Know Aids, No AIDS on World AIDS Day**

Central University of Punjab NSS Wing has organised a special Lecture on “Know Aids, No Aids” on the occasion of World Aids Day. The keynote speaker of this Session was Mr Narinder Bassi who is UNAIDS Civil Society Awardee and State Awardee Community Aids Educator. Students from various departments attended the Lecture, Dr Deepak Chauhan, University NSS Coordinator, welcomed the guest and introduced the theme to the audience. Mr Bassi mentioned that “Youngsters always remain enthusiastic and generally get excited to do new things without checking their pros and cons in detail. On the contrary, matured persons consciously think and apply their wisdom before acting on any situation in life. He further stated four common mistakes by which HIV spreads i.e. unprotected sex, HIV Mother to the child, Sharing infected needle, Contaminated blood transfusion and Organ transplant. He urged the youth to learn the art of wisdom from matured persons to stay away from this virus and make their life progressive. Mr Robin Jindal, Public Relation Officer gave the vote of thanks.



Guest Speaker Mr N Bassi delivering lecture on Know Aids No Aids



CUPB Teachers and Students posing for a Group Photo with resource person Mr Narinder Bassi



### **12<sup>th</sup> Jan 2019: CUPB NSS Wing celebrated National Youth Day**

Central University of Punjab NSS Wing celebrated National Youth Day by visiting Husseniwala Border at Ferozpur on the birth anniversary of Swami Vivekananda ji. During this visit, NSS Wing presented a pictorial of Swami Vivekananda ji to Indian Soldiers and witnessed Indo-Pak Retreat Ceremony. Program Incharge of NSS Wing Dr Deepak Chauhan mentioned the objective of this trip is to teach students about the efforts made by our freedom fighters to get independence, and to inculcate the feeling of nationalism among



**CUP NSS Wing presenting a picture of Swami Vivekananda to Indian Soldiers**



them. Dr Preeti Khetarpal, Ms Shweta Arora, Mr Narinder Bassi and NSS Volunteers along with students from various departments, participated in this program.

### **22<sup>nd</sup> Jan 2019: CUPB NSS Wing organised Quiz and Declamation Competition on National Voters Day**

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In order to encourage young voters to participate in the Indian electoral process, Central University of Punjab, Bathinda celebrated National Voter's Day on 25th January 2019. The event started with the National Voter's day pledge was administered by Dr Punnet Pathak. Students, Staff and Faculty members participated in this program. On this occasion, University's NSS Wing also organised a Declamation and Quiz Competition. A total of 9 students participated in Declamation Competition and presented their thoughts on "No voter to be left behind" and 12 teams from various departments took part in Quiz Competition on National Voters Day. Mr Ashish (Department of Computation Sciences & Team of Department of Computation Sciences stood first in Declamation and Quiz Competition respective.

#### 4<sup>th</sup> Feb 2019: CUPB observed World Cancer Day

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CUP NSS Volunteers displaying charts with special messages on World Cancer Day

Under the guidance of Vice-Chancellor Prof. R.K. Kohli, Central University of Punjab's NSS Wing observed World Cancer Day. On this occasion, a "Cancer Awareness Walk" was organised in order to raise the awareness of cancer and to encourage its prevention, detection and treatment. Around

60 students & faculty members from various departments participated in this event to spread awareness of creating a future without cancer. At the start, NSS Wing Program Officer Dr Monisha Dhiman gave a brief introduction about the event. Further, NSS Volunteers displayed charts on how to fight cancer through regular screening and early detection, through healthy eating and physical activity, by quitting smoking and by spreading its awareness among peer groups. Thereafter, Cancer



### **16<sup>th</sup> Feb 2019: CUPB Organize Health Talks & Free Check-up Camp**

The Central University of Punjab organized a Health Talk and a Free Health Check-up Camp on 16th February 2018 at its premises. The objective of this program was to spread health awareness among youngsters. The resource persons of this program were Specialized Doctors from Ivy Hospitals, Bathinda. Students and faculty members from various departments participated in this event. NSS Program In-charge Dr Monisha Dhiman and University's Medical Officer Dr Antriksh Gupta welcomed the guests and introduced Program theme. Mr Ajay Bhatt, Regional Head IVY Hospital introduced his team of doctors to the audience and invited them on stage to share their expertise. Dr Nishu Sethi, MD Gynecologist shared essential tips related to personal hygiene, which a woman needs to take care during periods. Dr Surabhi shared Dos &



**Dietician Rajinder Kaur sharing Tips for Healthy Diet**



Don'ts that we need to follow while giving First Aid Treatment to a patient. Dietitian Rajinder Kaur stressed one should take a proper dose of a balanced and healthy diet in a day that constitutes fruits, green vegetables, salads and dairy products. She further suggested taking diet on regular intervals and consuming in small portions at one time. Orthopedic Surgeon Dr Mohit Garg, highlighted the sedentary lifestyle as the common cause of back and neck pain among youngsters. He recommended we should do regular exercise and sit in straight posture while doing our work. Post Health Talk, participants took benefit of Free Health Checkup Camp.



**18<sup>th</sup> to 24<sup>th</sup> Feb 2019: CUPB NSS Wing organised 7 Day Camp at Village Kartar Singhwala**

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The NSS Wing of the Central University of Punjab conducted a Seven-Day awareness Camp at Village Katar Singhwala, district Bathinda from 18th to 24th February. The camp aimed to create awareness about higher education, health and hygiene issue. During this camp, various programs were executed by NSS Volunteers under the theme of Hygiene Awareness, Road Safety, Save Animals and Pollution free Environment. Also, a special program was organised on Drug de-addiction & Beti Bachao Beti Padhao. The attraction of the program was Street Play and a special



guest lecture. More than 70 villagers including Sarpanch of Village the participated. The chief guest of this program was a well known Social Activist, Mr Narinder Bassi who has been awarded by the UN AIDS Civil Society and the State Government for his social work. Mr Bassi encouraged parents to spend time with children and keep a watch on them. He motivated young girls to focus on their education and build a bright career. Sarpanch of Kartar Singh Wala Mr Hemraj expressed his gratitude and mentioned that such camps provide an opportunity for personal and social development.



Chief Guest Mr Narinder Bassi interacting with Villagers in CUP NSS Camp

**18<sup>th</sup> to 24<sup>th</sup> Mar 2019: CUPB NSS Wing organised seven-day Awareness Camp at Jassi Pau Wali Village**

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The NSS Wing of the Central University of Punjab organised a seven-day awareness camp at Jassi Pau Wali in the district Bathinda. The camp aimed to create awareness about higher education, health and hygiene issue. The theme on the first day was “Clean India, Green India”. Dr Ramanpreet Kaur, Programme Officer, NSS Cell CUPB and Mr Sukhnaib Singh welcomed the participants. During one-week, various programmes and events were organized under with Hygiene awareness, Road Safety, Beti Bachao Beti Padhao, Save animals, birds and Natural Survival techniques, pollution-free Environment and Drug de-addiction.

**31<sup>st</sup> Mar 2019: CUPB NSS Wing successfully organised 7 Day Camp at Naruana and Ghudda Village**

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The NSS Wing of the Central University of Punjab successfully organised seven-day awareness camp at Village Naruana & Village Ghudda in the district Bathinda from 25<sup>th</sup> March to 31<sup>st</sup> March. The camp aimed to create awareness about higher education, health, hygiene, environment, road safety issues. During the camp, various programmes were executed by NSS volunteers under the theme of Clean India, Green India, Hygiene Awareness, Road Safety, Pollution Free Environment, Save Animals & Birds Awareness Session and Natural Survival Techniques, Drug De-Addiction and Beti Bachao Beti Padhao. A special programme was held on Beti Bachao, Beti Padhao. The key attraction of the programme was a street play and a special guest lecture by social activist Mr Narinder Bassi.



### **29<sup>th</sup> April - CUPB organised one-day Seminar-cum-Workshop on the theme Why is Immune System worth Studying**

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Central University of Punjab under the aegis of Indian Immunology Society has organised one-day Seminar-cum-workshop on World Immunology Day. The theme of this seminar was “Why is Immune System worth Studying”. Vice-Chancellor Prof R K Kohli presided over this seminar. The special guest of this event was Prof. Gitanjali Goyal, from Guru Gobind Singh Medical College and Hospital, Faridkot. Students from Meritorious School, Bathinda, along with CUPB faculty and staff participated in this event.

In the beginning, Prof. P Ramarao, Prof Ramakrishna Wusurika & Dr Manju Jain welcomed the participants and introduced the programme theme. They brought out the significance of understanding Immunity in health & disease in day to day life, and the possibility of building a career around the subject.



Group Pic Meritorious School Bathinda Students at CUPB Immunology Workshop

In conjunction with the inaugural session, the special part of the event was the release of three volume-set Book on Phytochemistry edited by Dr Shashank Kumar et al. by honourable Vice Chancellor. On this occasion, Prof R. K. Kohli congratulated Dr Shashank who is working as Assistant Professor, Dept of Biochemistry and

Sciences – Nationalistic Phase (1895-1945), International Phase (1945-1995), and Globalised Phase (1995 to Present). He pointed out Changing Technological Context, Poor Implementation of Projects, Low Scientific Output and Low Technological Base as major areas of concern. He mentioned, Ethics of Sciences guides us to become a responsible, reasonable and respectful human being. Ethics in Teaching Professions mention that a teacher should make learning interactive, identify the uniqueness of each student, and optimise classroom settings to maximise interactions. While talking about Research Ethics, he mentioned that use of unpublished ideas learnt as a reviewer or from Seminars is unethical & data/text plagiarisms are serious academic offences. Fabrication, Falsification or misrepresentation of data is unethical. He said that the researcher needs to acknowledge the web source for any information abstracted from the internet. He talked about Ethics in Science Governance and stressed on the point that a researcher should focus on what is written in the paper rather than where it is published. He concluded his talk with the message that Ethics is a concern for society, and it needs to be followed by all.

As a part of Lecture Series, Prof Singhvi took two more interactive sessions on “How to write Research Papers and Project Proposals” and “Social dimensions of geosciences; New Challenges and Importance”. He interacted with faculty of different departments as well. Towards the end, organisers thanked the distinguished guest for sharing his words of wisdom and sharing his perspective towards Science Education discipline.

### **31<sup>st</sup> May 2019 - Central University of Punjab NSS Wing observed World No Tobacco Day**

Central University of Punjab’s NSS Wing conducted an awareness campaign and organised an oath ceremony to mark the occasion of World No Tobacco Day. Students, Faculty and Staff members from different departments participated in this activity & took the pledge to say no to tobacco. On this instance, Dr Monisha Dhiman Program Coordinator, NSS Cell talked about the ill effects of tobacco consumption on human lungs and urged youngsters to stay away from this menace. Further NSS Cell Volunteers installed a No Tobacco Box on-campus entrance gate as a symbolic indicator of No Tobacco Zone.



NSS Volunteers and Students taking No Tobacco Pledge

team, Dr Bawa Singh thanked the distinguished guests and participants for making this program a success.

### **13<sup>th</sup> to 21<sup>st</sup> June – CUPB organised one-week Yoga Camp & celebrated International Yoga Day**

The Central University of Punjab celebrated 5<sup>th</sup> Edition of International Yoga Day 2019 with great zeal and enthusiasm. To mark this occasion, a week-long yoga camp was organised from 13<sup>th</sup> to 20<sup>st</sup> June to spread awareness among youngsters to live a stressfree life with the help of Yoga. On International Yoga Day, a special yoga session was held. Honourable Vice-Chancellor Prof R.K. Kohli, CUPB faculty, staff and students participated in this event.



CUPB VC Prof RK Kohli along with faculty & Staff performing in Yoga Aasans

During the program, Sports Officer Mr Gagandeep Singh welcomed the guests. He mentioned that International Yoga Day was celebrated with a unique theme every year since 2015, and its theme of the 2019 edition is Yoga for Climate Change. Further, he took Yoga Session and performed various Pranayam and Yoga Aasans along with participants.

Prof R.K. Kohli, the Vice-Chancellor, talked about the importance of yoga and exercise for a healthy body and a healthy mind. He encouraged youngsters to follow Yoga as a part of daily routine to stay fit and achieve their long term goals. Mr Kanwal Pal Singh, Controller of Examination and Registrar (Additional Charge), advocated Yoga for a stressfree and healthy life. He appreciated the efforts of the organising team and thanked the participants for making this event a success. During the program, a Yoga Competition was conducted, and winners were awarded prizes.



### 1<sup>st</sup> to 16<sup>th</sup> August - CUPB NSS Wing observed Swachh Pakhwara

The NSS Wing of the Central University of Punjab successfully organised various activities under Swachh Pakhwara Programme from 1<sup>st</sup> to 16<sup>th</sup> August. Under this programme, different activities like swachh pledge, cleanliness drive, tree plantation, debate competition on the topic “Impact of Swachh Bharat Abhiyan” etc. were held. The objective of these activities was to spread awareness among youngsters regarding the importance of cleanliness of surroundings, open defecation free country



VC Prof RK Kohli Planting Tree Sapling in CUPB Main Campus

and nature conservation. In this programme, Honourable Vice-Chancellor Prof R.K. Kohli himself planted a tree in University’s Main Campus. He took forward MHRD’s scheme of “one student, one tree” to “one CUPB member, one tree” and mentioned, that every student, faculty and staff member should plant a tree. Dr Monisha Dhiman, Programme coordinator NSS Cell informed that, under this programme, various units of CUPB NSS Volunteers under the supervision of Programme Officers have planted approximately 1700 trees and sensitized thousands of persons regarding Swachh Bharat Mission of GOI.



### **29<sup>th</sup> August - CUPB conducted Walkathon to mark MHRD's Fit India Movement on National Sports Day**

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To commemorate the birth anniversary of Major Dhyan Chand, Central University of Punjab organised different fitness activities on 29<sup>th</sup> August National Sports Day. On this occasion, a Walkathon Activity was conducted under MHRD's Fit India Movement. The route for Walkathon was from CUPB City campus to ITI Chowk and back to the university. Honourable Vice-Chancellor

Prof. R.K. Kohli flagged off the walkathon. Around 200 hundred students, faculty and staff members participated in this fitness programme.



VC Prof RK Kohli giving Flag Off to the CUPB Walkathon

At the start, participants took the fitness pledge. CUPB Vice-Chancellor Prof Kohli appreciated the student's participation in this programme. He mentioned that CUPB students are full of energy, and their better fitness standards will support them to perform better in personal and professional life. After the Flag Off, Prof Kohli participated in Walkathon along with CUPB faculty and staff members to spread awareness

for Fit India. At the end of the event, refreshment was given to all the participants.

## 2<sup>nd</sup> to 13<sup>th</sup> September - CUPB TLC organised two-week National Workshop on Environmental Management

Teaching Learning Centre (TLC) of Central University of Punjab Bathinda (CUPB) successfully culminated two-week National Level Interdisciplinary Workshop on “Environmental Management”, sponsored by MHRD. This program was conducted under Pandit Madan Mohan Malviya National Mission on Teachers and Teaching, from 2nd to 13th Sept. Its objective is to sensitise & engage youngsters to adopt sustainable environmental practices through capacity building of faculty members. Honourable Vice-Chancellor Prof R.K. Kohli presided over the inaugural session and valedictory session of this workshop. The chief guest of this ceremony was Sh. Sengupta, Former Rajya Sabha member from Kolkata. Prof Bhagwan Singh from Kurukshetra University graced the event as a special guest. Total of 22 faculty members from different institutes participated in this programme.



Group Picture of participants of TLC Workshop on Environmental Science

During the valedictory session, Dr Vinod Arya, the TLC coordinator, presented a report of TLC Programs and its impact. Dr Yogalakshmi K.N., Program In-charge, shared the Program Summary Report. She asserted, during this

workshop, eminent scientists and academicians delivered lectures & spread awareness on various



allocation for various R&D projects in particular. He concluded his lecture with a message that developing countries need to integrate S&T into their diplomacy, and diplomacy for science can be a powerful tool to achieve Sustainable Development Goals. After the Lecture, Prof. V.K. Garg, Dean Student Welfare, felicitated the resource person and Dr Bawa Singh gave the vote of thanks.

### **12<sup>th</sup> September - CUPB organised Training Program on Disaster Management**

Teaching Learning Center at Central University of Punjab Bathinda (CUPB) organised a Training Program on Disaster Management with National Disaster Response Force (NDRF). CUPB TLC conducted this program as a part of the two-week National Inter-disciplinary Workshop on Environmental Management. Inspector Anil Kumar Yadav and 28 Jawans of 7<sup>th</sup> Bn NDRF Bathinda visited CUPB to provide training disaster management. Honourable Vice-Chancellor Prof R.K. Kohli, along with Faculty and students, attended this program.



**NDRF Team presenting Emergency Move for Earth Quack**

operations at different states during different disasters. During the programme, various search and rescue equipment, communication equipment and improvised rafts were exhibited for generating awareness among youngsters.

Prof Kohli appreciated efforts of NDRF Team for spreading awareness on Disaster Management Acts. He mentioned that faculty & students should serve as messengers to promote safety and disaster risk reduction techniques. Dr Yogalakshmi K N thanked everyone for making this program a success.

At the start, Dr Vinod Arya, Coordinator TLC welcomed the NDRF Team and introduced the theme of program & Its necessity. After this, Inspector Anil Yadav briefed about the roles, functions and mandate of NDRF. He, along with NDRF Jawans, demonstrated acts on first aid, fire exit, fire fighting, earthquake and flood preparedness and rescue drills. Inspector Yadav educated participants on the innovative small floating units used by NDRF to save victims during flood hazard.

He also shared his experiences of rescue

### 27<sup>th</sup> September - CUPB NSS Wing organised NSS Day Celebrations

To mark the NSS Day, the NSS Wing of the Central University of Punjab conducted a special program on 27<sup>th</sup> September 2019 at their campus. The main activities of this program were Rangoli Competition, Quiz Competition, Group Discussion and Cultural Performances. The special guest of the cultural program was Prof P Ramarao, Dean Academic Affairs and Sh. Kanwal Pal Singh, Registrar CUPB. Around 150 students from different departments participated in these competitions.

Celebrations begin with the welcome address of Dr Monisha Dhiman, NSS Coordinator. She briefed the program schedule in her speech to the participants. After that, Rangoli Competition was organised on Environment Conservation theme in which 18 students showcased their art. Total 16 teams competed with each other in quiz competition and showcased their General Knowledge level. After this, 12 students participated in Group Discussion Competition and shared their views on the Challenges of Drug Abuse.

The special attraction of CUPB NSS Celebrations was Cultural Program, in which NSS Volunteers and Students from different states in which they presented beautiful folk dance & cultural performances. On this occasion, NSS Volunteers, CUPB Faculty, Staff members and students were present.



CUPB Students attending NSS Day Celebrations Programme



Prof P Ramarao addressing the gathering during NSS Day Celebrations

## 28<sup>th</sup> September - Central University of Punjab students awarded with Winners Trophy during the prize distribution ceremony of 15<sup>th</sup> National Youth Parliament Competition

The Central University of Punjab, Bathinda (CUPB) lifted running Winners Trophy during the Prize Distribution Function of 15<sup>th</sup> National Youth Parliamentary Competition held on 27<sup>th</sup> of September, 2019 at GMC Balayogi Auditorium, Parliament Library Building, New Delhi. This program was organised under their auspices of the Ministry of Parliamentary Affairs. During this event, CUPB team was awarded Running Parliamentary Shield & Trophy for standing first in the competition. Shri Arjun Ram Meghwal, Hon'ble Minister of State for Parliamentary Affairs presided over the function and distributed the prizes to the prize-winning students and institutions for their meritorious performance in the Competition. On this occasion, students of the Central University of Punjab, Bhatinda who stood first in the Competition, presented a short sitting of "Youth Parliament".

Key dignitaries who participated & graced this the ceremony were: MP Sh Desh Deepak Verma, Secretary-General Rajya Sabha, Dr R.S. Shukla, Secretary, M/o Parliamentary Affairs, Sh Mukul Pandey, Additional Secretary, Rajya Sabha, Dr Abba Gani Ramu, Joint Secretary, M/o External Affairs, Sh. Surendra Tripathi, Joint Secretary, Rajya Sabha, Sh. Jagmohan Sundriyal, Joint Secretary, Rajya Sabha, Prof (Dr.) R.K. Kohli Vice-Chancellor, CUPB and Dr Satya Prakash, Joint Secretary, M/o Parliamentary Affairs.



CUPB Students performing Mock Parliament at the Award Ceremony of 15<sup>th</sup> NYP in Parliament House

CUPB students awarded with Winners Trophy during National Youth Parliament Competition

While awarding the Winner's Trophy to CUPB students, Shri Arjun Ram Meghwal appreciated their efforts in Youth Parliament Competition & complimented them for choosing relevant subjects for discussion in their presentation. Sh Desh Deepak Verma congratulated team CUPB for impeccable performance in youth parliament competition. He praised the whole CUPB team for conceptualising and formulating the speech of each member as per parliamentary standards. While addressing the audience, he mentioned, National Youth Parliament program helps the parliament to connect with people and spread awareness regarding parliamentary procedures among them. Prof R.K. Kohli, Vice-Chancellor, CUPB, thanked the Ministry of Parliamentary Affairs for successfully running parliamentary systems and providing truth and valuable content on Lak Sabha and Rajya Sabha Televisions. He mentioned CUPB students had set the new benchmark in Youth Parliament program and future; they will play an essential role in the smooth implementation of parliamentary procedures and development of our nation.



### **29<sup>th</sup> September - CUPB organised “Walk & Talk for a Healthy Heart” Program**

On World Heart Day, Central University of Punjab, Bathinda organised a program “Walk & Talk for a Healthy Heart”. CUPB organised this program under MHRD’s Fit India Movement Campaign. During this program, a walkathon, different sports activities and a Doctor Talk were held to spread health awareness. Prof P Ramarao, Dean Academic Affairs and Dr Antriksh Gupta, Medical Officer, graced the event as chief guest and special guest.



Prof P Ramarao & Dr Antriksh sharing Healthy Heart Tips with students

In the beginning, Prof P Ramarao flagged off the Walkathon. More than 130 persons participated in this walkathon. After this, Dr Antriksh Gupta delivered the lecture on a healthy heart. He suggested students should do regular exercise and take a low-calorie diet to stay healthy. He also advised youngsters to not to ignore minor health problems like chest pain, upper body pain, sweating, nausea, fatigue, trouble

breathing, as these may be the primary symptom of heart disease. Prof. P. Ramarao, recommended students to avoid fast food, as the refined oil used in their preparation are of poor quality, which causes disease. Mr Gagandeep, Sports Officer, appealed students to spare 1 hour daily for physical activity to stay fit.

## 1<sup>st</sup> October - CUPB NSS Wing organised “Swachhta hi Seva” Program on 150<sup>th</sup> Birth Anniversary of Mahatma Gandhi

To commemorate 150th Birth Anniversary of Mahatma Gandhi ji, the Central University of Punjab NSS Wing organized “Swachhta hi Seva” program to pay a tribute to Father of Nation who believed that “Cleanliness is Next to Godliness”. Under this program CUPB, NSS Wing conducted awareness campaign to limit the use of single-use plastic from 11<sup>th</sup> September to 1<sup>st</sup> October 2019. During the concluding ceremony, a special event was organised to remember & spread the philosophy of Mahatma Gandhi ji. The guests of this program were Mr Narinder K Bassi, Social Worker and Mr Kulwinder Singh, Assistant Director, Youth Services Bathinda. University faculty, staff and more than 200 students participated in this closing ceremony.

Dedicated to the father of the nation Mahatma Gandhi ji, the event commenced with the mesmerizing performances on Mahatma ke Bhajan “Raghupati Raghav Rajaram” by Mr Gobind and team. After this Ms Pooja Nanda and team gave an enthralling performance on famous bhajan “Vaishnav Jana To” in eight Indian Languages: Hindi, Assamese, Odia, Bengali, Malayalam, Tamil, Telugu and Gujarati.

Social Worker Mr Narinder K Bassi gave a brief overview of the harmful effects of single-use plastic. Mr Kulwinder Singh presented an overview of Swachhta hi Sewa and NSS. After this, Prof P Ramarao, Dean Academic Affairs, sensitised the youngsters on the Swachhta hi Sewa, program and asked everyone



CUPB NSS Volunteers appeal to use Jute / Cotton Bags

to join mass cleanliness drive organized by the university and contribute to the Swachh Bharat and Swasth Bharat. After this, Dean Student Welfare Prof V.K. Garg administered “Swachhta Pledge” to the participants. Mr Kanwal Pal Singh, COE& Registrar, CUPB, thanked participants for making this event a success.

### **31<sup>st</sup> October - Central University of Punjab celebrated “National Unity Day” & organised “Walk for Unity”**

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To spread the message of unified Bharat, the Student Welfare Cell and NSS Wing of Central University of Punjab celebrated National Unity Day & organised “Walk for Unity” on 31<sup>st</sup> October 2019. The programme was organised to commemorate the 144th Birth Anniversary of Sardar Vallabhbhai Patel and to pay a tribute to him for his efforts made to unite India. Sh. KP Singh, COE & Registrar CUPB, along with faculty and students participated in this programme.

The programme started with the Walk for Unity, in which more than 150 students & faculty members walked together around the campus. After this, all the participants took the Integrity Pledge & Vigilance Awareness



Group Photograph of CUPB students and faculty members at the start of Unity Walk



Pledge in front of University Authorities. Sh. KP Singh, COE & Registrar CUPB congratulated faculty members and students for the successful execution of the event.

### **31<sup>st</sup> October - CUPB Dept. of Library & Information Sciences organised an Invited Lecture on Information Literacy**

Department of Library & Information Sciences at Central University of Punjab organised an Invited Lecture on the topic "Information Literacy" by Dr Jagtar Singh, who is Professor in the Department of Library and Information Science and Professor in-charge of Bhai Kahn Singh Nabha Library, Punjabi University, Patiala.



Prof Jagtar Singh sharing his views on Information Literacy

The programme started with the welcome address of Prof S.K. Bawa, Director IQAC & In-charge CUPB Library & Information Sciences Department. Prof Jagtar, in his speech, described Information Literacy as the ability to recognise, locate, evaluate and effective use of needed information. He emphasised, to use the right information at the right time with the help of different digital tools. He also shared national & international initiatives, guidelines and policies of International Federation of Library Associations and Institutions (IFLA), American Library Association (ALA) and the United Nations Educational Scientific

and Cultural Organisation (UNESCO). Post lecture, Mr Kannan P, Deputy Librarian CUPB gave the formal vote of thanks.

### **2<sup>nd</sup> November - CUPB NSS Wing observed Vigilance Awareness Week-2019**

As per directions of Central Vigilance Commission, NSS Cell, CUPB organized various programmes at City campus of Central University of Punjab, Bathinda during the observance of Vigilance Awareness Week-19 from 28<sup>th</sup> October to 2<sup>nd</sup> November 2019. On 31<sup>st</sup> October, an Awareness March was organised in the city campus of CUPB on the eve of Vigilance Awareness Week-2019, where NSS volunteers prepared Placards / Slogan and displayed it during the Awareness Walk. NSS Volunteers, Students, Faculty & Non-teaching staff participated in this Programme. During this programme, more than 150 participants also took Integrity Pledge under the directions of Dr Tarun Arora, Associate Dean Students Welfare. The program was successfully ended with a formal vote of thanks by Sh. Kanwal Pal Singh, Registrar of Central University of



CUPB students taking Integrity Pledge and Vigilance Awareness Pledge

Punjab, Bathinda.

On the second day, i.e. 1<sup>st</sup> November 2019 NSS Team, CUPB (Including Dr Monisha Dhiman, Programme Coordinator, Dr Ashwani Kumar, Programme Officer, and NSS volunteers) visited Govt. Sen. Sec. School, Naruana and organized an Essay Writing Competition. Total of 39 students of the school participated in this event. S. Harpreet Singh, Lect. Maths, Principal (O), S. Amandeep Singh and Staff of the school, cooperated with the team. All the staff members, including students, also took the vigilance awareness pledge in the school premises. They appreciated the efforts of the NSS team for this event and also requested to organise more events in the school in future.

On the third day, i.e. 2<sup>nd</sup> November 2019 an awareness march (Rally) was organised in Bathinda City from Civil Hospital Bathinda to Hazi Rattan Chowk, Bathinda. The NSS team started the walk from the Civil Hospital Bathinda, NSS



CUPB NSS Team during the Awareness Walk & Pamphlet Distribution Activity at Civil Hospital, Bathinda

Volunteers prepared the placards/slogan/ pamphlets on Vigilance Awareness & Corruption Free India, and distributed it in during the march from Civil Hospital, Bathinda, to Hazi Rattan Chowk. Dr Ashwani Kumar, Programme Officer, Dr Sandeep Kaur, Programme officer, and NSS volunteers were present during this programme.

The Vigilance Awareness Week-19 was accomplished with the productive efforts of Programme Coordinator, Programme Officers & NSS volunteers. Mr Sukhnaib Singh (DEO, NSS Cell, CUPB) has arranged all the logistic and travel support for the whole event.

### **26<sup>th</sup> November - Central University of Punjab celebrated Constitution Day**

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To mark the 70<sup>th</sup> anniversary of the adoption of Constitution of India, the Central University of Punjab celebrated Constitution Day on 26<sup>th</sup> November under the patronage of honourable Chancellor Prof S.S. Johl. On this day, CUPB Department of Law & NSS Wing organised special programmes to sensitise people regarding values and precepts enshrined in the constitution under the directions of MHRD.

According to Dr Deepak K Chauhan, HoD Law Department, “In the beginning, CUPB faculty, NSS Volunteers, and students from various departments joined to read Constitution Preamble and to attend the LIVE screening of Prime Minister’s Address from Parliament House. After this, Dr Tarun Arora, Associate Dean Student Welfare, administered the pledge to students to follow fundamental duties and to honour the principals of Justice, Liberty, Equality and Fraternity enshrined by our constitution.”

During the Constitution Day celebration, CUPB Law Department organised a special lecture on the topic, “Guru Nanak Dev’s Philosophy and Constitution of India”. Honourable Chancellor Prof S.S. Johl and Vice-Chancellor Prof R/K/ Kohli also attended this lecture. During this lecture Dr Tarun Arora, Associate Professor talked about Indian Constitution, Constitutional Justice and Baba Nanak’s Philosophy. He mentioned that constitutional perspective and Baba Nanak’s philosophy are linked to each other, as both aimed at eradication of social evils, equal distribution of resources, and justice to all. Honourable Chancellor, Prof S.S. Johl appreciated the efforts of organising team, & spoke at length on the relevance of Guru Nanak’s Philosophy in 21<sup>st</sup> Century. Dr Puneet Pathak and Dr Sukhwinder Kaur gave formal vote of thanks.



**Dr Tarun Arora delivering Lecture on Guru Nanak’s Philosophy and Constitution of India**



### **7<sup>th</sup> December 2019 - CUPB organised a Workshop on Knowledge Sharing between Indian and Australian Farmers**

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The Central University of Punjab, organised One-Day Workshop on Knowledge Sharing between Indian and Australian Farmers on Saturday at its city campus. CUPB Dept. of Environmental Science & Technology (DEST) conducted this Workshop in collaboration with Charles Darwin University, Australia. During this programme, farmers from Northern Territory Farmers Association (NTFA) from Australia visited Central University of Punjab and interacted with Farmers from Malwa & surrounding region. The objective of this workshop was to share economic opportunities & innovative agriculture techniques in agriculture. Honourable Vice-Chancellor Prof R.K. Kohli presided over this Workshop. Registrar Sh KP Singh, CUPB Faculty and Farmers from different villages participated in this programme.



**Dr Kamaljit Kaur addressing the gathering**



**Mr Greg addressing the gathering**

In the beginning, Dr Sunil Mittal, HoD, CUPB DEST, welcomed the guests and introduced the programme theme to the participants. Dr Kamaljit Kaur from Charles Darwin University Australia mentioned that the purpose of their visit is to share knowledge on economic opportunities for sustainable farming between Indian & Australian Farmers. She mentioned, farmers should consider human capital, social capital, technological capital & ecological capital while selecting crops and while fixing the price of final agriculture product. She shared the list of fruits and vegetable crops popularly grown in Australia. She also presented the success stories of NT Farmers who are gradually building their farming business from Small Scale to Big Export Oriented Farming Units.

She emphasised that the farming community can yield maximum benefit with the adoption of sustainable farming practices.

Mr Greg, CEO, NTFA, shared that NT Australian Farmers use available opportunities to develop Agriculture and Horticulture Business. He said NT Farmers cut their crop early so that it can survive long-distance transportation period. He mentioned that land for farming in Australia can only be allocated after checking the suitable slope, soil depth, drainage, pH and groundwater level. He added, farmers in Australia follow sustainable agriculture practices, agriculture integrated pest management systems and consider market demand to maximise their earnings. He asserted, Punjab's Land is more fertile as compared to NT Australia and farmers of Punjab can get a higher yield with the help of sustainable agriculture practices. Ms Tau, NT Australian Farmer, shared her story of starting Mango Farms spread in 600 hectares. She shared different mango types they grow, and put a light on the technology they use for mango picking.

Sh. Krishan Kumar Jakhad, a progressive farmer from Rajasthan shared that with the help of organic farming, he developed his farming business from a small piece of land and to hundreds of acres. He added, he grows a wide range of crops from Kiwi, Sweet Lime (Mausami), Chikoo, Anzeer and other. He informed that he use Biochar, Jivo Amrit, Agriculture Compost to increase the fertility of the soil and get high-quality yield. After this, Mr Jaspreet Singh shared the simple & effective methodology being used by Punjab farmers to segregate Kinnow (Kinu).

Vice-Chancellor Prof R.K. Kohli appreciated the work done by NTFA and supported the need for adoption of sustainable agriculture practices. He also shared simple research-based innovative solutions for pest control, and to increase soil fertility with Indian and Australian Farmers.



Sh KK Jakhad addressing the gathering



VC Prof. R.K. Kohli addressing the gathering

To improve the conditions of Punjab's Farmers, Dr G.P.S. Brar suggested the need to motivate youngsters and females to participate in this sector. Mr Umendra Dutt advocated the adoption of Nanak Kheti and mentioned that this collaboration should focus on developing sustainable and regenerative agriculture techniques. During the workshop, the work of participant named Mr Amarjeet Sharma was highly appreciated who grow more than 70 crops in just 4 acres of land with the help of organic farming.

Towards the end of the workshop, Prof V.K. Garg, Dean School of Environment & Earth Sciences mentioned this workshop has given us a new direction to develop innovative agriculture solutions for sustainable development. He thanked everyone for making this workshop a success. On this occasion, Mr Bobby Badal, and progressive farmers from the surrounding region were also present.



CUPB Students celebrating Makar Sankranti around Bon Fire on Dhol Beats (Left) and Group Picture of Folk Dance Performing Team with CUPB Registrar Sh KPS Mundra.

After the representations, participants performed Bhangra in Dhol Beats and enjoyed Gazak and Revari around the bonfire. Towards the end, organisers thanked everyone for making this programme a huge success.

### **17<sup>th</sup> January 2020 - CUPB NSS Wing conducted Swachhta Pledge Ceremony and Plogging Activity to mark Swachhta Pakhwada**

As per directions of MHRD, the Central University of Punjab, Bathinda (CUPB) initiated the activities for Swachhta Pakhwada. The fortnight-long Event was started by organizing various activities on 16th and 17th January 2020. The NSS Cell conducted Swachhta Pledge & Plogging activities under the supervision of honourable Vice-Chancellor Prof. R.K. Kohli, where more than 150 students participated in both these activities.

On the first day of Swachhta Pakhwada, Swachhta Pledge was taken by Honourable Vice-Chancellor, CUPB Faculty, Staff members, administrative staff, students and NSS Volunteers at Seminar Hall. On the



CUPB Faculty and Students taking Swachhta Pledge on the Inaugural Day of Swachhta Pakhwada 2020

second day, CUPB NSS Cell executed Shraamdan/Plog Run Activity. In this programme, CUPB NSS Volunteers collected Single-Use Plastic Waste from CUPB City Campus Administrative Block, and Academic Block and later disposed of the same with the help of Municipal Corporation Waste Collection Team. Deputy Registrar Ms Shweta Arora and Prof Monisha Dhiman, Programme Coordinator, NSS Cell, congratulated NSS Volunteers and programme officers for its successful execution of the event.

### **CUPB students snapped top ranks in Audio Video Reporting Competition during P.U.'s Media Fest**

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25<sup>th</sup> January, 2020, Bathinda: The students of the Department of Mass Communications & Media Studies (MCMS), Central University of Punjab Bathinda (CUPB) bagged the top ranks in Audio Video Reporting Competitions held during the Media Fest organised by School of Communication, Panjab University Chandigarh. During this Media Fest, Shafique Ali and Jaswinder Kaur (CUPB students) got first position in Audio Video Reporting Competition. Both of them are Final Year students of Department of Mass Communications and Media Studies.

Prof R.K. Kohli, Vice-Chancellor, & Prof V.K. Garg, Dean School of Information & Communicative Sciences complimented the winning students for their commendable performance. Prof Garg said, these competitions provide an opportunity for students to showcase their talent to the outside world and it enhances their confidence and develop their skills. He added, students of Dept. of MCMS. get quality education and practical training under the supervision of our highly qualified faculty members and this performance is the result of their hard work.

Students gave credit for their achievement to their teachers Dr Chhavi Garg, Dr Rubal Kanozia and Dr Paramvir Singh.



### **31<sup>st</sup> January 2020 - CUPB NSS Wing observed Swachhta Pakhwada 2020**

To embrace cleanliness in daily life, Central University of Punjab organised Swachhta Pakhwada Programme at their City Campus from 16<sup>th</sup> to 31<sup>st</sup> January 2020 under the guidance of honourable Vice-Chancellor Prof. R.K. Kohli. During this programme, CUPB NSS Wing conducted various activities including Swachhta Pledge, Plogging, Cleanliness Drive, & Declamation Competition etc. The prize distribution ceremony was held on 31<sup>st</sup> January, in which Prof P Ramarao, Dean Academic Affairs, joined as a special guest to award the winners. More than 200 students participated during this Swachhta Pakhwada Programme.

On the first day of the programme on 16<sup>th</sup> January, “Swachhta Pledge” was taken by Honourable Vice-Chancellor, CUPB Faculty, Staff members, administrative staff, students and NSS Volunteers. On 17<sup>th</sup> January, CUPB NSS Cell executed “Shraamdan/Plog Run Activity” in which NSS Volunteers collected Single-Use Plastic Waste from CUPB City Campus and later disposed of the same with the help of Municipal Corporation Waste Collection Team. On Voters Day, 25<sup>th</sup> January, “Declamation Competition” was conducted to sensitize youngsters about the importance of Voter’s Rights. On this day, students also took part in “Slogan Writing Competition” and presented



CUPB NSS Volunteers posing for a Group Picture during the Cleanliness Drive

impressive slogans on Forest Conservation. On 31<sup>st</sup> January, the concluding day of Programme, NSS Volunteers and CUPB Students, Faculty & staff members participated in a “Cleanliness Drive” and promoted the message of Cleanliness is next to Godliness

In the Prize Distribution Ceremony, Prof P Ramarao, congratulated

Prof Monisha Dhiman, Programme Coordinator and her team for successful execution of different activities under Swachhta Pakhwada 2020 Programme. During this ceremony, Ms Shibha Gorke, Mr Deepak James and Ms Krishna got first, second and third prize for Declamation Competition. Ms Pooja, Mr Bidwan Shakher, and Mr Ashok Singla got an award for first, second and third position in Slogan Writing Competition.

### **3<sup>rd</sup> February 2020 - Central University of Punjab organized Expert Lectures on Cancer Prevention and Awareness to mark World Cancer Day**

To commemorate the World Cancer Day, Central University of Punjab (CUPB) organized an Expert Lectures on “Cancer Prevention and Awareness”, on 3<sup>rd</sup> February 2020. The programme was conducted by Dept. of Biochemistry, Dept. of Zoology and Dept. of Human Genetics & Molecular Medicine under the leadership of honourable Vice-Chancellor Prof. K. Kohli. Eminent Oncologists Dr Praveen Bansal, Director, BFUHS, Faridkot, Well-known Physician Dr Vitull K. Gupta, Kishori Ram Hospital Bathinda and Cancer Immunologist Dr Sunil Arora, PGIMR, Chandigarh were the guest speakers on this occasion. Speakers highlighted the need for lifestyle modifications to reduce cancer risk. Besides faculty members non-teaching employees, more the 300 students and research scholars took part in the event.

Dr Aklank Jain, a Cancer Biologist from the Department of Zoology, welcomed the guest speakers and introduced the programme theme. He mentioned that “there is the need for advanced cancer diagnostic methods to prevent and treat cancer”. Keynote Speaker Dr Parveen Bansal, BFUHS, Faridkot, defined cancer as the condition of malignant growth caused due to the uncontrolled division of cells. He mentioned that spices, vegetables and fruits keep diseases away. He emphasized to practice Upavasa, Dincharya, Ritucharya and Brahmamurat in daily life to stay fit and healthy. Dr



Dr Parveen Bansal addressing the gathering

Sunil Arora, Cancer Immunologist, PGIMR, Chandigarh, mentioned that it is essential to study tumour microenvironment to identify the growth and development of cancer cells. He stressed that additional research is needed to study the origin and chemoresistance of cancer cells. He informed that this disease can be cured by targeting the tumour microenvironment and by strengthening our immune system. While addressing the gathering, Prof Vitull K Gupta, Kishori Ram Hospital Bathinda mentioned that around 85 % of cancers cases can be preventable by adopting healthy lifestyle (taking fresh fruits and vegetable, avoiding tobacco & liquor consumption, regular exercise), and avoiding risk factors (obesity, diabetes, low physical activity). He suggested one should do regular exercise for a healthy body and healthy mind.

Dr. Shashank Kumar, Cancer Biochemist from Department of Biochemistry, CUPB informed that, as per Indian Council of Medical Research, data about 1.5 lakh new breast cancer cases occur annually in India. He added Stage Zero Breast Cancer is the earliest form of “Breast Cancer”, but due to the absence of symptoms, it is hard to detect. He added that the regular periodic physical examination of the breast by a trained health workers, or breast self-examination by women might help in early detection of cancer”. Dr. Sabyasachi Senapati, from the Department of Human Genetics and Molecular Medicine, CUPB, said “appropriate genetic tests for early diagnosis & preventive therapies for some forms of familial breast, prostate, uterine, colorectal, liver and ovarian cancer can reduce the risk of cancer by up to 40%.” Department of Health Research (DHR) and the Indian Council of Medical Research (ICMR) has granted major public health projects to initiate integrated awareness and prevention drive to fight cancer.”. During this programme, University students actively participated in the event and presented a thematic poster. A Nukkad drama was also played by the university students on this occasion to reach the masses and the aware general public about cancer prevention and treatments. Towards the end, organisers thanked everyone for making the event a success.



CUPB Faculty and students attending the Programme (Left), and Group Picture of Contest Winners with Guest Speaker Dr Vitul K Gupta

**4<sup>th</sup> February, 2020 - Central University of Punjab (CUP) organized a one-day symposium on “Indian Traditional Medicine in Cancer Therapy and Prevention” on the occasion of World Cancer Day**

To mark World Cancer day Central University of Punjab (CUPB), Bathinda, organized one-day Symposium on “Indian Traditional Medicine in Cancer Therapy and Prevention” on 4<sup>th</sup> February. The program was organized by the Department of Biochemistry and Department of Human Genetics and Molecular Medicine. CUPB Vice-Chancellor Prof. R.K. Kohli presided over this programme. Prof. Baldev Kumar, Vice-Chancellor, Shri Krishna Ayush University, Kurukshetra, Haryana & Dr. Ashish Mehta, Dean Academic Affairs, Shri Krishna Ayush University, Kurukshetra, Haryana participated in this Symposium as Guest of Honor and Guest Speaker. Prof P Ramarao, Dean Academic Affairs, CUPB also attended this programme. CUPB Faculty members and more than 200 students participated in this program.

In the beginning, Prof R.K. Kohli inaugurated the symposium. He stressed on the need for collaborative and multidisciplinary research to sharpen the knowledge of Indian traditional medicine in treating cancer. Dean of Academic Affairs. Prof. P. Ramarao congratulated the programme organizers and welcomed the distinguished guests. Prof. (Dr.) Baldev, Guest of Honor of the event spoke on the basic concepts of Ayurveda and the role of Indian traditional medicine in human health and disease treatment. He dwells on the aims of the Ayush Department and its objectives to improve public health. Guest speaker, Prof. (Dr.) Mehta highlighted the use of traditional medicines in cancer treatment. He highlighted the effectiveness of Ayurvedic medicine, & the concepts of “*Prakriti*” and “*Dosha*” based treatment.

Dr. Shashank Kumar, from CUPB, working on the effectiveness of natural product on Cancer, said that it's the need of time to spread the knowledge about traditional medicine in our society at village, city and state level. Dr Sabyasachi, from CUPB, working on Immunogenomics said, “*Prakriti* based medicine system mentioned in Ayurveda advocates the usefulness of personalized medicine, which is the need of the modern era to



Group Photograph of Participants

fight against several human diseases, including cancers and autoimmune diseases”. Students presented thematic posters to spread the concept of Indian traditional medicines. Organizers thanked the audience and congratulated all the participants and volunteers for making the event a success.

### **7<sup>th</sup> March 2020 - Central University of Punjab celebrated International Women's Day**

Central University of Punjab organized a Lecture Series on Women Empowerment & Gender Equality as part of International Women's Day Celebrations on 7<sup>th</sup> March 2020. CUPB NSS Cell conducted this programme. Honourable Vice-Chancellor Prof R.K. Kohli presided over this event. The keynote speaker & guest speaker of this programme were Prof Neelam Garewal, Member, Punjab Public Service Commission, and. Dr Pooja Gupta, MD Microbiology Max Hospital Bathinda. During this conference, CUPB honoured their alumni, Ms Mandeep Kaur, for winning the title of "Miss Punjab Asia International India". Students from different departments attended this programme.

At the beginning Prof S.K. Bawa, Director IQAC, welcomed the guests. She informed that this year's theme for International Women's Day is "I am Generation Equality: Realizing Women's Rights". She gave the reference of Smt. Indira Gandhi the first woman Prime Minister of India, Smt Pratibha Patil the first woman President of India, Ms Kalpana Chawla the first Astronaut from Indian origin to go on space, Smt Mother Teresa the first Indian women to win Nobel Peace Prize, Justice M Fathima Biwi the first female judge appointed by Supreme Court of India, Ms Mary Kom the first Indian women boxer who won the gold medal in Asian Games, Ms Arati Saha the first Indian



women to swim across the English Channel and applauded the achievement of Iconic Indian Women who build their name in different fields. She concluded his address with a message that Women Empowerment is the ultimate solution for the growth of our country.



**Prof Neelam Garewal (Left), Dr Puja Gupta (Center), and Prof SK Bawa (Right) addressing the gathering**

Prof Neelam Garewal, in her keynote address, spoke on Issues and Challenges of Working Women in India. She talked about disparity being faced by women right from education, Jobs, promotion, and access to resources as compared to men. She discussed various challenges being faced by working women such as Wage Gap, t, Facetime Value, Descriptive Gender Roles, Prescriptive bias and others. She emphasized that women should raise voice for their rights & for equal treatment to deal with such social issues.

Dr Puja Gupta mentioned that, with proper support, women can do wonders not only at their homes but also in their professional life. She said, under the Generation Equality Campaign we need to bring together people of every age, gender, religion, caste and race and take actions to create Gender Equal World for all. She added, Nutrition of women should be a part of empowering women, and focus should be given to end malnutrition in women.

Vice-Chancellor Prof R.K. Kohli mentioned that Education is a milestone of women empowerment because it enables them to respond to challenges. He called for an end to gender discrimination & crime against women. He urged everyone to build a developed society where women enjoy equal right with their men counterpart. He asserted that we need to stand together and work jointly for Gender Equality.



**Group Photograph of Participants and Organising Team**

Post-Lecture Series, CUPB NSS Volunteers, exhibited a Nukkar Natak to spread awareness about Each for Equal, & Equal world is an Enabled World.

### **11<sup>th</sup> March 2020 - Central University of Punjab organized fourth awareness lecture on Novel Corona-Virus (COVID-19)**

Central University of Punjab organized fourth Lecture in last ten days to spread awareness about “Protective Measures against the Novel Corona Virus (COVID-19)” under the able leadership of honorable Vice-Chancellor Prof R.K. Kohli. The Office of Dean Student Welfare and University Health Centre conducted these lectures. The keynote speakers of this lecture were Dr Jaswinder

Sharma and Dr Gunbir Pal Singh. Both speakers were from Civil Hospital Bathinda. Students from different departments attended this lecture.

At the start, Dr Antriksh Gupta, CUPB Medical Officer, welcomed the guests and introduced the programme theme. He informed that CUPB has already organised three lectures in the last 10 days and this is the fourth lecture to spread awareness about Protective Measures against the Novel Corona Virus and preventing its spread in communities.

Keynote speakers Dr Jaswinder mentioned that Novel Corona Virus also known as COVID - 19, was first identified in Wuhan, China. He informed that this virus spreads mainly between person to person through close contact, and through respiratory droplets produced when infected person coughs or sneezes. He mentioned till date, more than 1 Lakh cases have been diagnosed worldwide with this virus. and more than 80 countries including India have been affected worldwide with the outbreak of this virus. He also asserted that the general public should not get panic, and should be aware of the causes and preventive measures to stay protected from this virus.



Mr Jaswinder Sharma (Left), and Dr Antriksh Gupta (Right) addressing the gathering

During his lecture, Dr Gunbir shared that some of the symptoms of Corona Virus are fever, cough, and shortness of breath. He added, there is currently no vaccine or anti-virus treatment available for this problem. He asserted that some of the protected measures recommended by experts to stay safe from this the virus are – Clean your hands regularly, avoid close contact with people who are sick, cover your mouth and nose when you cough or sneeze or use the inside of your elbow, avoid handshake, wear a facemask if you are sick, clean frequently touched surfaces i.e. tables, doorknobs etc.

Prof VK Garg, Dean Student Welfare appreciated the efforts of Civil Hospital Team and University Health Centre in spreading awareness regarding Novel Corona Virus. He appealed students to follow the guidelines issued by Expert Doctors, take hygienically prepared healthy food, avoid travelling to crowded places, maintain basic health hygiene, and stay protected.

### **30<sup>th</sup> May 2020 - CUPB EBSB Club launched a Short Video “A Reminder on our Fundamental Duties”**

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To foster the spirit of Ek Bharat Shreshtha Bharat, and to sensitize youngsters about their fundamental duties, the Central University of Punjab Bathinda (CUPB) released a Short Video titled “A Reminder on Fundamental Duties” under the guidance of honourable Vice-Chancellor Prof R.K. Kohli and leadership of EBSB Club Chairperson Prof. V.K. Garg. CUPB EBSB Club prepared this Video under Ek Bharat Shreshtha Bharat as per directives of MHRD, and UGC. In this video, 28 CUPB EBSB Club students volunteers representing from 28 different states across our the country participated and translated fundamental duties in regional languages of their respective states.

MHRD EBSB Team launched this Video prepared by CUPB from their Official Social Media Handles. The Objective of this Video is to encourage everyone to adhere to our statutory duties as responsible citizens, to motivate every person to follow preventive guidelines issued by the government to combat the spread of COVID-19, and to appeal one and all to be a part of “Sankalp Se Sidhi Ki Aur” Movement.



28 Students Volunteers of EBSB Club at CUPB from 28 States presenting our Fundamental Duties translated in their regional language.

This video features information about 11 Fundamental Duties of every citizen of India, defined under Article 51-A of the Indian Constitution. It includes different statutory duties such as: to abide our Constitution, respect our National Flag & National Anthem, follow our noble ideals which inspired

our national freedom struggle, protect the unity & integrity of India, defend our country & render national service, promote harmony & spirit of common brotherhood, preserve our rich cultural heritage, protect & improve the national environment & bio-diversity reserves, develop scientific temper & spirit of inquiry, safeguard public property & to adjure violence, strive towards excellence, and to provide opportunities for education to our child between the age of 6-14 years.

Along with the statutory duties, CUPB students appealed everyone to be a part of “Sankalp Se Sidhi Ki Aur... Movement” to win the fight against COVID-19. In this movement, every citizen needs to perform essential duties such as to follow social distancing rules, take care of hand hygiene, cover nose & mouth by using masks/cloth, take healthy diet, and take care of children/elders/specially-abled persons.

Prof R.K. Kohli, CUPB Vice-Chancellor, and Prof V.K. Garg, Chairperson EBSB Club, appreciated the efforts of CUPB Students who have participated in this assignment. Prof VK Garg mentioned that in the present scenario when the whole world is struggling to fight with COVID-19, it is the duty of all of us to act as a responsible citizen and perform statutorily & essential duties, to protect our world as we all believe in the philosophy of “Vasudev Kutumbhkum”. Prof Tarun Arora, Nodal Officer, CUPB EBSB Club, thanked participants and members for their cooperation and support.



## June 5, 2020: CUPB organized 'Tree Plantation Drive' on World Environment Day

To celebrate World Environment Day 2020, the Central University of Punjab organised "Tree Plantation Drive" at CUPB Main Campus at Ghudda on 5th June 2020. CUPB EBSB Club and CUPB NSS Cell conducted this Activity under the able leadership of honourable Vice Chancellor Prof. R.K. Kohli. The aim of tree plantation is to contribute to the green cover of our country and preserve our biodiversity which plays a vital role in preserving our environment and life on earth. During this activity, the Vice Chancellor of CUPB, Prof. R.K. Kohli, Prof. Vinod Garg, Dean Students Welfare, and Sh Kanwal Pal Singh Mundra, Registrar, planted tree saplings & encouraged others to plant trees. CUPB Faculty, Staff members, and Research Scholars residing on campus participated in these programmes and planted seedlings by following social distancing norms.

On this occasion, Vice Chancellor Prof. R.K. Kohli mentioned that the theme of World Environment Day 2020 is to "Celebrate Biodiversity". He added that we all should devote some time from our daily schedule towards nature and put efforts to preserve our Biodiversity reserves.



Prof. R.K. Kohli, Vice Chancellor, CUPB planting tree saplings on World Environment Day 2020

To keep our environment clean, he urged everyone to adopt a tree at their society, stop using plastic bags, & reduce overconsumption of natural resources.

As a part of the activity, NSS Cell & EBSB Club Coordinators appealed CUPB students to join this initiative from their homes by planting a tree, watering and maintaining the plants in their premises. CUPB students shared their photographs with good deeds and confirmed their participation.

## June 7, 2020 to June 9, 2020: CUPB organized three-day "Blue-Planet" Webinar Series in connection to World Ocean Day

Under the patronage of honourable Vice Chancellor Prof. R.K. Kohli, Central University of Punjab, Bathinda (CUPB) successfully organized a three-day Webinar Series named "Blue-Planet" in connection to World Ocean Day from 7<sup>th</sup> to 9<sup>th</sup> June 2020. CUPB's Dept. of Geology, and Dept. of Botany jointly conducted this programme. The objective of this Online Workshop is to sensitise students & researchers about the importance of Ocean and to educate them about the theme of UN World Oceans day 2020 - Innovation for a sustainable ocean. The Chief Guest of the Inaugural and Valedictory Ceremony was Dr. Mahesh Kumar (Ex-Chairperson, INYAS, & Associate Prof. IIT Jodhpur), and Dr. Chandra Shekhar Sharma, Present Chairperson, INYAS, & Associate Professor, IIT Hyderabad). Prof. Anjana Munshi, Dean Research, CUPB and Prof. R.K. Wusirika, Dean, School of International Studies, CUPB also joined the concluding session as the special guest.

This Webinar Series included 7 sessions with reputed scientists and researchers from all over the world. Nearly 1700 participants registered for this webinar and marked their attendance from different countries across the World.

Dr. Jitendra Kumar Pattanaik, HoD, Department of Geology, and Programme Coordinator, informed that the speakers of this webinar series are eminent International Scientists / Researchers and their names are as follows: Dr. Rajeev Saraswat (Principal Scientist, National Institute of Oceanography, Goa), Dr. Prabhu Prasad Das (Amity University, Gurugram), Dr. Shrikumar Suryanarayana, (MD, Sea 6 Energy Pvt Ltd), Dr. Matt Davey (University of Cambridge, UK), Dr. Kunal Chakraborty (Indian National Centre for Ocean Information Services, Hyderabad), Dr. A Fricke (Germany), and Dr. Nuncio

## June 20, 2020: CUPB released different Videos on 'Yoga Asanas' under the theme 'Yoga at Home, Yoga with Family' as a part of International Yoga Day Celebrations

The Central University of Punjab Bathinda (CUPB) celebrated the sixth edition of International Yoga Day (IYD) through the digital platform as per guidelines released by Ministry of AYUSH under the theme of 'Yoga at Home, Yoga with Family'. On this occasion, CUPB Department of Physical Education, EBSB Club, an NSS Cell released different Videos under the theme of "Yoga- A way of life" to reach out to masses through digital media and to educate them about the benefits of different Yoga Asanas. In addition to this, CUPB NSS Cell urged students, faculty, and non-teaching staff to celebrate sixth IYD by performing Yoga at home with family.

Narendra Modi Ji, Hon'ble Prime Minister of India, proposed the United Nations in 2014 to celebrate '21st June' as the International Day of Yoga to promote the advantages of Yoga among the world community. He mentioned since the first IYD i.e. 21st June 2015, the practice of Yoga has been globally recognized and millions of people have improved their health & fitness by adopting Yoga as a daily routine. He informed them that in view of the coronavirus pandemic, the theme of this year's IYD is 'Yoga at Home, Yoga with Family', and our Short Video creations on 'Yoga Asanas' will motivate everyone to practice yoga asana in an effective way.

Vice Chancellor Prof. R.K. Kohli stated that our Shri