



CENTRAL UNIVERSITY OF PUNJAB

NAAC ACCREDITED 'A' GRADE UNIVERSITY
FIVE STAR RATING UNDER GRIHA-LD MASTER PLAN

RANKED 84th AMONG UNIVERSITY CATEGORY IN N.I.R.F. INDIA RANKINGS 2021
BATHINDA-BADAL ROAD, GHUDDA, BATHINDA, PUNJAB-151401

Setting higher benchmarks in Education and Research

New Milestones Accomplished:

- **81st Rank** in the University Category in NIRF 2022
- **26TH Rank** in Pharmacy Category in NIRF 2022

NIRF Rankings of Central University of Punjab among all other Universities



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सुदीक्षा (SUDI KSHA)

A CUPB Newsletter

June 2022 - July 2022 | Volume 20 (No. 1)

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EDITORIAL

In its pursuit to create an ignited workforce responsive to regional, national and global needs in tune with the requirements of academia, industry and business, the Central University of Punjab, Bathinda (CUPB), under the leadership of our Hon'ble Vice-Chancellor Prof. Raghavendra P. Tiwari, is marching ahead towards excellence. The release of NIRF Rankings 2022 testifies this fact, as in the 'University Category' of NIRF 2022, the CUPB secures the 81st rank in India.

We are delighted to share that the Central University of Punjab has improved its NIRF Rank in the University Category this year by obtaining the 81st position in the NIRF 2022 Edition as compared to 84th Rank in NIRF 2021, 87th Rank in NIRF 2020 and the 95th rank in NIRF 2019. Also, this year, Central University of Punjab has set a new record by securing the 26th position in the "Pharmacy Category" of the NIRF India Ranking 2022. This accomplishment is the result of the tireless efforts of our faculty, staff and students.

The June 2022–July 2022 edition of the CUPB Newsletter 'SUDI KSHA', besides highlighting the academic and research contributions of the university, also underlines the unique initiatives of the university to spread awareness for environmental conservation through mass plantation drive and execution of various activities on World Environment Day 2022; sensitising youngsters about the side effects of drug abuse in the form of a National Seminar on 'Nasha Mukh Samaj Abhiyan'; and promoting a healthy way of life through celebrations of International Day of Yoga 2022. Furthermore, the articles in the Hindi and Punjabi sections provide new perspectives on various forms of Yoga in Sanskrit literature and the rich heritage of Punjabi language.

One of the key features of this edition is the Panel Discussion Programme Series and other activities organized by the University on the book *Modi@20: Dems Meet Delivery*. The deliberations made by faculty, research scholars and students during Panel Discussion Programme regarding analysis of different chapters of this book would strengthen reader's understanding about the key personality traits and unique leadership style of our Hon'ble Prime Minister Shri Narendra Modi Ji.

This edition also covers the important events held at the university, including Alumni Meet 2022, special lectures by eminent academicians and outreach activities for legal awareness.

Happy Reading!!!

Warm Regards,

Editorial Board

Vice Chancellor's Article

गुणवत्तापरक शिक्षा हेतु राष्ट्रीय शिक्षा नीति -2020 की प्रासंगिकता

ज्ञान

न आधारित समाज के निर्माण, आर्थिक जीवन शक्ति के विकास, स्वास्थ्य, सुरक्षा एवं सम्पूर्ण मानवता के कल्याण हेतु गुणवत्तापरक शिक्षा परम आवश्यक है। इन लक्ष्यों की पूर्ति के निमित्त हमारी शिक्षा प्रणाली को वैश्विक परिदृश्य में विचारात्मकता, रचनात्मकता, विषयगत ज्ञान की समझ, संवादात्मकता तथा सशक्त सामुदायिक अंतरसंबंध को विकसित करने में सक्षम होना चाहिए। शिक्षा ऐसी हो जो बौद्धिक, रचनात्मक, भावनात्मक, सामाजिक, पर्यावरणीय, नैतिक एवं आध्यात्मिक क्षेत्रों में सम्यक रूप से सामंजस्य स्थापित करते हुए व्यापक एवं सम्पूर्ण व्यक्तित्व विकास हेतु एवं हमारे स्नातकों को वैश्विक स्तर पर सक्षम तथा स्वीकार्य बनाने में परिपूर्ण हो।

हमें अपने युवाओं को चुनौतीपूर्ण तथा दुर्लभतम परिस्थितियों का सामना करने हेतु सक्षम बनाना समय की मांग है। मानव जीवन के विभिन्न आयामों में तीव्र गति से हो रहे परिवर्तनों के समक्ष भारत की वर्तमान शिक्षा प्रणाली समानुपातिक प्रतिक्रिया हेतु सक्षम प्रतीत नहीं हो रही है। इस दृष्टिकोण से हमारी शिक्षा प्रणाली के अप्रासंगिक होने का खतरा दिनों-दिन बढ़ रहा है। वर्तमान में शिक्षा प्राप्त करने वाले छात्रों को ऐसे नए तथा रोजगारोन्मुख कार्यक्षेत्र तलाशने होंगे जो वर्तमान सोच के परिधि से बाहर हैं। साथ ही उन्हें अपने कार्य क्षेत्रों में ऐसी तकनीकी का उपयोग करना पड़ेगा, जिनकी अभी तक खोज ही नहीं हुई है। चार वर्षीय डिग्री प्रोग्राम के पहले वर्ष के दौरान अर्जित ज्ञान का प्रायः अर्धभाग छात्रों के स्नातक होने तक अप्रासंगिक हो सकता है। अतएव शैक्षणिक संस्थानों द्वारा युवाओं को वर्तमान में उपलब्ध तकनीकों का सदुपयोग करके इस सीमा तक पारंगत बनाना होगा जिससे वह भविष्य में मौलिक कार्यक्षेत्र निर्मित कर सकें। ऐसी परिस्थिति में युवाओं के समक्ष उपस्थित भावी चुनौतियों तथा अवसरों द्वारा सम्यक रूप से लाभ पहुँचाने के निमित्त हमें अपने शिक्षा के लक्ष्यों को न सिर्फ पुनर्निर्मित करना होगा, अपितु अपनी नीति में भी वांछित परिवर्तन लाना होगा। इससे हम अपनी युवतर जनसंख्या में किये गए निवेश का संपूर्ण लाभ उठा सकेंगे।



आचार्य राघवेंद्र प्रसाद तिवारी,
कुलपति, पंजाब केंद्रीय विश्वविद्यालय

इसके इतर, हम अपने युवाओं को औद्योगिक क्रांति 4.0 में पर्याप्त योगदान देने के लिए सक्षम बनाये बगैर आत्मनिर्भर भारत की परिकल्पना को साकार नहीं कर सकते हैं। यह औद्योगिक क्रांति पूर्व की क्रांतियों से भिन्न है, क्योंकि यह परिवर्तनकारी प्रौद्योगिकी के विभिन्न आयामों पर आधारित है। हमारे युवा डिजिटल क्रांति युग के नागरिक हैं एवं हमें उन्हें इंटरनेट आफ थिंग्स, आर्टिफिशियल इंटेलिजेंस, ऑगमेंटेड रियलिटी, वर्चुअल रियलिटी, इंटेलिजेंट रोबोटिक्स, 3-डी प्रिंटिंग, बिग डेटा एनालिटिक्स, क्लाउड कंप्यूटिंग और ऐसी अन्य उभरती हुई प्रौद्योगिकियों का भरपूर उपयोग करने में सक्षम बनाना पड़ेगा, जो भौतिक, डिजिटल तथा जैविक कार्यक्षेत्र के बीच की दूरी को निरंतर कम कर रही है। औद्योगिक क्रांति 4.0 में, भौतिक एवं आभासी दुनिया के एकीकरण के माध्यम से औद्योगिक उत्पादन हेतु साइबर-भौतिक उत्पादन प्रणाली का उपयोग किया जाता है। इस अद्भुत अवसर का लाभ उठाने हेतु हमें शिक्षा 4.0 की विशेषताओं को अपने शिक्षा प्रणाली में संपूर्णतया आत्मसात करने की आवश्यकता है। परिणाम आधारित शिक्षा का यह संस्करण सह-शिक्षा, सह-निर्माण एवं सह-नवाचार सुनिश्चित करता है। इसके अंतर्गत कभी भी, कहीं भी, किसी भी प्रकार की शिक्षा ग्रहण करना; निष्क्रिय शिक्षण प्रक्रिया को सक्रिय शिक्षण प्रक्रिया में बदलने हेतु फ्लिप-अध्यापन एवं वर्चुअल रियलिटी का उपयोग करना; इ-लर्निंग के माध्यम से घर पर या शिक्षण संस्थानों के बाहर विषयगत ज्ञान अर्जित करना एवं शैक्षणिक संस्थानों का उपयोग केवल कौशल-विकास, स्व-निर्देशित अध्ययन, सहयोगी तथा अनुभवनात्मक शिक्षा ग्रहण के लिए करना, जहां पाठ्य-योजनाएं रचनात्मक हो सकें; एवं विद्यार्थियों को चुने हुए संस्थानों से पसंदीदा पाठ्यक्रमों का अध्ययन करने की स्वतंत्रता आदि शामिल है। इस मॉडल को सार्थक बनाने हेतु प्रौद्योगिकी का शिक्षा में पूर्ण एकीकरण अति आवश्यक है।

राष्ट्रीय शिक्षा नीति 2020 वर्तमान शिक्षा प्रणाली को शिक्षा 4.0 के साथ संरेखित करने में सक्षम है, क्योंकि यह 21 वीं सदी के युवाओं की अधिगम की आवश्यकताओं को पूर्ण करने के निमित्त वर्तमान शिक्षण प्रणाली के संवर्धन की नीति है। अधिगम परिणाम आधारित बहु-विषयक पाठ्यक्रम, अकादमिक क्रेडिट बैंक एवं एकल खिड़की के माध्यम से उच्च-संस्थानों में प्रवेश अधिकांश केंद्रीय

विश्वविद्यालयों द्वारा लागू किए जा चुके हैं। बहुनिकास-प्रवेश विकल्पों के साथ चार वर्षीय स्नातक कार्यक्रमों पर विनियम; स्वयं के माध्यम से ऑनलाइन शिक्षण पाठ्यक्रमों के लिए क्रेडिट ढांचा; संयुक्त ट्विनिंग और ट्विडिग्री कार्यक्रम; एक साथ दो शैक्षणिक कार्यक्रम करना; समरूप सीबीसीएस लागू करना; उच्च शिक्षण संस्थानों में अनुसंधान एवं विकास प्रकोष्ठ की स्थापना तथा उन्हें बहुविषयक संस्थानों में बदलने के लिए दिशानिर्देश; मुक्त, दूरस्थ एवं ऑनलाइन शिक्षण कार्यक्रम; सामाजिक जिम्मेदारी और सामुदायिक सद्भावना को बल प्रदान करना; जीवन कौशल 2.0 और जीवन कौशल पाठ्यक्रम आदि के लिए सूत्रधार गाइडलाइन्स को अंतिम रूप दिया जा रहा है। परन्तु उच्च शिक्षा आयोग की स्थापना एवं शिक्षा के क्षेत्र में अधिक पूंजी निवेश के बिना राष्ट्रीय शिक्षा नीति समग्रता के साथ लागू नहीं किया जा सकता है।

अधिगम शास्त्र में विशेष रूप से 'क्या सीखें' के स्थान पर 'कैसे सीखें', स्किलिंग, अप-स्किलिंग और रीस्किलिंग; सीखना, भूलना और फिर से सीखना (आजीवन सीखने हेतु जीवनपर्यंत अनुकूलन की क्षमता विकसित करना); तथा सुधार, प्रदर्शन एवं परिवर्तन जैसे बिंदु राष्ट्रीय शिक्षा नीति के मुख्य उपागम हैं। इसके इतर भावी चुनौतियों को ध्यान में रखकर विद्यार्थियों को नियोक्ताओं की तरह तथा नियोक्ताओं को विद्यार्थियों की तरह सोचने की आद्य परंपरा शुरू करने की आवश्यकता है। भारत के यशस्वी प्रधानमंत्री श्री नरेन्द्र मोदी जी का 7 जुलाई, 2022 को वाराणसी में अखिल भारतीय शिक्षा समागम के उद्घाटन सत्र में 'लैब टू लैंड' के इतर 'लैंड टू लैब' दृष्टिकोण को अपनाने का सुझाव समस्याओं के समाधान तथा उच्च शिक्षा में गुणवत्ता लाने की दिशा में उनकी दूरदृष्टि एवं दृढ़ संकल्प का परिचायक है।

आचार्य राघवेंद्र प्रसाद तिवारी,
कुलपति,
पंजाब केंद्रीय विश्वविद्यालय, बठिंडा

Moment of Pride

July 15, 2022: Central University of Punjab, Bathinda (CUPB) obtained 81st Position in "University Category" of NIRF India Rankings 2022

- CUPB also obtained the 26th position in the "Pharmacy Category" of NIRF 2022.
- This year, CUPB has improved its rank in NIRF 2022



Central University of Punjab, Bathinda (CUPB) has achieved a new milestone by obtaining the 81st Rank in the 'University Category' in the Ministry of Education's (MoE) National Institutional Ranking Framework (NIRF) India Rankings 2022' released by Hon'ble Minister of Education Shri Dharmendra Pradhan on Friday.

Also, this year the Central University of Punjab has set a new record by securing 26th position in "Pharmacy Category" of NIRF India Ranking 2022.

With the publication of NIRF 2022 rankings, Central University of Punjab, Bathinda (CUPB) has got the

distinction of being listed in the list of 'Top 100 Universities of India' in NIRF Rankings continuously for the fourth time in a row in the last four years.

Under the able guidance of Chancellor Prof. Jagbir Singh and dynamic leadership of Vice Chancellor Prof. Raghavendra P. Tiwari, CUPB once again stood on top, with the best rank in NIRF 2022, among the new Central Universities of India established in 2009 and afterward. And importantly, CUPB has improved its NIRF Rank this year by obtaining the 81st Position in the NIRF 2022 Edition as compared to 84th Rank in NIRF 2021, 87th Rank in NIRF 2020 and 95th Rank in NIRF 2019.

In NIRF 2022, the NIRF team ranked Higher Educational Institutions across the country by evaluating their performance on five parameters i.e, Teaching Learning and Resources (TLR); Research and Professional Practices (RPP); Graduation Outcomes (GO); Outreach & Inclusivity (OI); and Peer Perception. CUPB has improved its performance in all five parameters.

The university has secured its place in the “Rank-band 100-150” in Overall Category of NIRF India Rankings 2022.

Vice Chancellor Prof. Raghavendra P. Tiwari has congratulated all faculty members, officers, non-teaching staff, and most importantly, the students, including research scholars and other stakeholders of the university for their hard work and contributions

leading to this achievement. He stated that we need to especially improve on the parameters of Research and Professional Practices (RPC) and Peer Perception apart from strengthening the remaining three parameters of NIRF in the coming years. He appealed to all to work with renewed vigour and zeal for better performance in the future.

Academic Collaborations

July 25, 2022: Central University of Punjab would mentor Guru Kashi University to achieve a new benchmark in the field of quality education and research

Guru Kashi University (GKU), Talwandi Sabo, Bathinda, signed a Memorandum of Understanding (MoU) with the Central University of Punjab, Bathinda (CUPB) to promote cooperation in the fields of education, innovation and research.

The MoU signing ceremony took place at Guru Kashi University Campus where Dr. J.S. Dhiman, Registrar, GKU and Prof. B.P. Garg, Registrar, CUPB signed the MoU in the esteemed presence of Prof. Raghavendra P. Tiwari, Vice-Chancellor, CUPB and Prof. S.K. Bawa, Vice-Chancellor, GKU. The duration of this MoU is three years.

This MoU envisages that both the parties shall collaborate on the research, consultancies and resources for the capacity building of the faculty members of both the partner institutes.

On this occasion, Prof. R.P. Tiwari, Vice-Chancellor, CUPB, stated that CUPB is committed to contributing to the upliftment of education and research standards among the regional HEIs and sharing our knowledge resources for effective implementation of NEP2020. This collaboration will not only ensure capacity building of faculty members but will also serve as a platform to develop the scientific temperament and problem-solving ability of youngsters in Punjab.



Vice-Chancellor Prof. RP Tiwari exchanging MoU with GKU Vice-Chancellor Prof. SK Bawa

Prof. S.K. Bawa, Vice-Chancellor, GKU, stated that CUPB has set new benchmarks in the field of education and research in this region. As a part of the agreement, GKU aims to enhance student exchange programs, educational ties, joint research projects and provide access to the best academic and research facilities available at CUPB to faculty and students of GKU.

The distinguished personalities who were present on this occasion were GKU Chancellor S. Gurlabh Singh Sidhu, Managing Director S. Sukhraj Singh Sidhu and Pro-Chancellor Prof. Jatinder Singh Bal.

National Level Seminar

June 24, 2022: Central University of Punjab and Ministry of Housing and Urban Affairs, Govt. of India, organised National Seminar on "Nasha Mukta Samaj Andolan Abhiyan Kaushal Ka: Socio-Legal, Psychological and other ways for the Prevention of Alcohol and Drug Addiction in India"

• **Minister of State for Housing and Urban Affairs Shri Kaushal Kishore and other distinguished personalities participated in a National Seminar on "Nasha Mukta Samaj Andolan - Abhiyan Kaushal Ka" held at Central University of Punjab to spread awareness on side-effects of Drug Abuse**

The Central University of Punjab, Bathinda's National Service Scheme, in association with the Ministry of Housing and Urban Affairs, Govt. of India, organized a National Seminar on "Nasha Mukta Samaj Andolan Abhiyan Kaushal Ka: Socio-Legal, Psychological, and other ways for the Prevention of Alcohol and Drug Addiction in India" on Friday. Distinguished personalities, including policymakers, bureaucrats, academicians, and social workers, participated in this National Seminar to strengthen the voice of "Say No to Drugs" in our society.

Shri Kaushal Kishore, Hon'ble Minister of State for Housing and Urban Affairs, Govt. of India, graced the occasion as the Chief Guest of the Programme. Smt. Harsimrat Kaur Badal, Member of Parliament, Bathinda Lok Sabha Constituency, and Prof. D.K. Singh, Director, AIIMS Bathinda, participated in this programme as the Guests of Honour. Dr. Bholeshwar Prasad Mishra, Professor at Dayanand Medical College & Hospital, Ludhiana, Sh. Akshat Kant, National Convener, Sh. Showkat Ahmad Parray, IAS, Deputy Commissioner & District Magistrate, Bathinda and Shri J. Elanchezhan, IPS, Senior Superintendent of Police, Bathinda were the special guests for this Seminar.



Vice-Chancellor Prof. R.P. Tiwari delivering the welcome address

While welcoming the esteemed guests Prof. Raghavendra P. Tiwari, the Vice Chancellor, expressed his gratitude towards the Hon'ble Minister for initiating a nation-wide campaign under the title "Nasha Mukta Samaj Andolan-Abhiyaan Kaushal Ka" and providing motivation to host this programme to save the youth from the menace of drugs. He motivated

youngsters to enjoy addiction to good habits and stay away from drug abuse.



Hon'ble Minister of State for Housing and Urban Affairs Shri Ksuahal Kishore addressing the participants

Minister of State for Housing and Urban Affairs, Shri Kaushal Kishore, appreciated the launch of a legal aid clinic at the university campus on this occasion to provide legal literacy and free legal aid to the local community. He spread awareness about the side-effects of Alcohol and Drug Addiction among Youth. He said that drug abuse is a social evil that not only takes the lives of thousands of people every year but also leads to an increase in crime in our society. "Banning liquor is not the solution as it encourages the use of other illicit intoxicating substances, and the production of poisonous alcohol. Youngsters should refuse to take drugs on the first time itself when it is offered by someone", said Shri Kaushal.

Shri Ksuahal Kishore got emotional while sharing a personal tragedy and said: "I lost my own son, named Akash Kishore, because of drug addiction in October 2020." Feeling helpless to save his son despite providing

the best medical treatment, he resolved to launch the mission of eradicating drug abuse from the country. Shri Kaushal suggested the authorities demarcate the university as a drug free campus with banners and hoardings to remind students to stay away from drug abuse. He concluded his address by administering a pledge to everyone to say no to drugs, spread awareness about drug abuse in society and encouraged everyone to work towards the eradication of drugs from our society and make *Nasha Mukta Bharat*.

On this occasion, CUPB students presented a *laghu natika*, "An Awareness Show on Addiction."



CUPB Students performing Laghu Natika on Drug Abuse

Smt. Harsimrat Kaur Badal, Member of Parliament, Bathinda Lok Sabha Constituency, appreciated the performance of CUPB students. She mentioned that if youngsters make a promise not to use drugs, India will undoubtedly become a drug-free and self-sufficient nation. She appealed to support the campaign to make Bathinda, Punjab and the country free of drugs.

Prof. D.K. Singh, Director, AIIMS Bathinda, stated that substance abuse is not just destroying the individuals abusing such drugs, but also creating a shortage of important medicines for patients who are in dire need of pain management. He added that the problem of

substance abuse in society can be prevented by understanding how substance abuse develops, avoiding temptation and peer pressure, seeking help for mental illness, and keeping a well balanced life. He asserted that substance addiction is a complex but treatable disease and addiction treatment helps a person to stop using drugs, stay drug-free and be productive in family, at work and in society.

Dr. Bholeshwar Prasad Mishra from Dayanand Medical College & Hospital, Ludhiana, focused on the nature, extent, types, causes, impact, psychosocial management of drug addicts and characteristics of drug users. He said that addiction is a mental disease that affects all aspects of a drug addict's life. He discussed various factors, such as anxiety, stress, peer pressure, inability to connect with others, etc. that contribute towards indulging youngsters in substance addiction. He said that a person who keeps himself mentally and physically fit through exercise and a healthy diet routine is less prone to falling into drug abuse.

While presenting the programme report, Dr. Vipan Pal Singh informed that during the National Seminar, around 150 research papers were presented by research scholars from 12 states.

In his concluding remarks, Prof. B.P. Garg, Controller of Examination and Registrar In-charge, exhorted that the deliberations by distinguished speakers and researchers held during this programme would be helpful in finding a solution to the problem of alcohol and drug addiction. Towards the end, Prof. B.P. Garg thanked the distinguished guests for their gracious presence and the participants for making this programme a success. Faculty, staff members, students and residents of village Ghudda participated in this programme.



Dr. Bholeshwar Prasad Mishra, Professor, DMCH, Ludhiana addressing the participants



Smt. Harsimrat Kaur Badal, Member of Parliament, Bathinda Lok Sabha Constituency, sharing her views



Prof. D.K. Singh, Director, AIIMS Bathinda, addressing the participants



Vice-Chancellor Prof. R.P. Tiwari along with distinguished guests and CUPB fraternity taking pledge to 'Say No to Drugs'



The Minister of State Shri Kaushal Kishore has appealed everyone to work for making a drug free society



Vice-Chancellor Prof. RP Tiwari felicitating Shri Kaushal Kishore

Activities on Book Modi@20: Dreams Meet Delivery

July 28, 2022 to August 3, 2022: Central University of Punjab organized a Panel Discussion Program Series, Essay Writing Competition and International Quiz Competition on the Book "Modi@20: Dreams Meet Delivery"

Activity A: Panel Discussion Session for Faculty and Researchers on July 28-29, 2022

The faculty and researchers of different departments of the Central University of Punjab, Bathinda (CUPB) expressed their views on the charismatic personality and works of Hon'ble Prime Minister Narendra Modi during a two-day Panel Discussion Program Series on the Book "Modi @20: Dreams meet Delivery" organized on July 27—28, 2022.

The Chief Guests of the Inaugural and Closing Ceremony of the programme, which was conducted on the occasion of Azadi ka Amrit Mahotsav under the patronage of Vice Chancellor Prof. Raghavendra P. Tiwari, were Shri Prafulla Ketkar, a Committee Member on Azadi Ka Amrit Mahotsav and Dr. Gurmeet Singh, Faculty, Hindi Department, Panjab University, Chandigarh, respectively.

The book "Modi @20: Dreams meet Delivery" is about the twenty-year political journey of Prime Minister Narendra Modi ji, first as a three-time chief minister of Gujarat and later as a two-time Prime Minister of India. This two-day Panel Discussion Series featured four sessions wherein panellists critically summarized twenty-one chapters of this book written by twenty-two domain dignitaries.

In his welcome address, Dr. Vipan Pal Singh stated that the book entitled "Modi @20: Dreams meet Delivery" is a Book about the twenty-year political journey of Prime Minister Narendra Modi ji, first as the three-time chief minister of Gujarat and later as two-time Prime Minister of India. He served our country both at the state level and at the national level.



Group Photograph of Vice-Chancellor Prof. Tiwari and Chief Guest Shri Prafulla Ketkar with panellist of session 1

During this inaugural session of Panel Discussion, different sections of this Book such as Why Modi is an undisputed Youth Icon; Success of People-Centric Approach; Democracy, Delivery and Politics of Hope; Imagining Technology as a Governance Tool and Modi: The Man India Trust in a Crisis, were discussed. During this discussion, panelists Prof. Tarun Arora, Dr. Jeyavel S, Dr. Rubal Kanozia, Dr. Suraj Kumar and Ms. Nisha Sharma (student) critically summarized different chapters of this book. All the panelists agreed on the point that the PM Narendra Modi has the ability to take daring decisions and his persona has made people to change their political thinking from chalta hai (चलता है) to badal sakta hai (बदल सकता है).

In his lead remarks, Chief Guest Shri Prafulla Ketkar, while appreciating the panelists, stated that this book is a collection of twenty-one chapters written by twenty-two domain dignitaries, from Home Minister Amit Shah to the National Security Advisor Ajit Doval and Sudha Murty among others. He exhorted that this book would enrich the understanding of youngsters about 'Modi as a Phenomena' and inspires them to accomplish new heights as it encompasses the experiential journey of

Modi since he left his house at the tender age of 17 and set out on a mission to know himself, his country and finally define the mission of transforming India.

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Chief Guest Shri Prafulla Ketkar addressing the participants

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Shri Prafulla Ketkar also mentioned that even though several chapters of this Book are written by authors from different view-points, it highlighted the unique personality traits of our Prime Minister Narendra Modi which has contributed in his evolution from a mass leader of India to a global icon who brought India into the center stage of decision making in the United Nations and other international forums. These personality traits are his unique leadership style, commitment to empower the last man standing, sensitization about the need for humane civilization and power to communicate his vision.



Vice-Chancellor Prof. R.P. Tiwari addressing the participants

In his presidential remarks, the Vice-Chancellor of Central University of Punjab, Bathinda (CUPB) Professor Raghavendra P. Tiwari said that Hon'ble Prime Minister Shri Narendra Modi is a good orator who has the quality to speak extempore for hours, a visionary thinker who understands the need to adapt to change for a better tomorrow and a mass leader who is always eager to

work for making a better world by adopting the ancient Indian value of Vasudhaiva Kutumbakam. He further stated that people of Gujarat and India have witnessed inclusive development in every sphere of life under the dynamic leadership of PM Modi.

On the second day, the deliberations commenced with a review of the Chapter on Environment Sustainability and Economic Development by leading environmental scientist Prof. Vinod Kumar Garg. He highlighted various schemes launched by the Narendra Modi Government to harness renewable sources of energy.



Prof. VK Garg addressing the participants

In the second, third and fourth panel discussion sessions, several panellists presented their views on various topics covered in this book, such as: Thinking Big and Executing in Scale; Towards a Prosperous India; Micro Revolution that improved the Lives of Ordinary Citizens; Tackling Adversities through strong and effective National Security Policies; Modi, the Bhagirath Prayasi; Agriculture: Good, But Can Be Better; Fighting The Pandemic; Leading from The Front; Demonstrating Democracy: The Power of Masses and the Mass Movements; Then Came the Wind of Change; and The Emergence of a Global Phenomenon.



Dr. Gurmeet Singh addressing the participants

In his lead remarks, the Chief Guest of concluding session, Dr. Gurmeet Singh emphasized that the journey of Shri Narendra Modi over the last 20 years as a successful administrator can't be understood without looking into the first 50 years of his life, wherein he has

worked hard to develop his personality based on ancient Indian values and enhance his understanding of the needs of society. He further stated that the leadership style of Modi ji is unique as he never hesitates to provide an opportunity to new talent and he always adopts a participatory and action-oriented approach to empower the last man standing in a crowd.

On this occasion, Vice Chancellor Prof. R.P. Tiwari mentioned that such panel discussion programs, besides developing the critical and analytical abilities of youngsters, also help to evolve their thought processes and enable them to analyse the personality traits of a person. He urged youngsters to learn from the personality and philosophy of Shri Narendra Modi and imbibe its good traits such as discipline, determination, punctuality, sincerity, taking all communities together and caring for every section of society.

The other panellists who spoke during this programme were Dr. Karnati Kiran Kumar, Prof. Rajesh Jangir, Dr. Mahesh Kumar Meena, Dr. Nishtha Kaushiki, Dr. Vinod Pathania, Dr. Naresh Singla, Dr. Ashwani Kumar, Dr. Sukhdev Singh, Dr. Puneet Pathak, Prof. Tarun Arora, Dr. Jeyavel S, Dr. Rubal Kanozia, Dr. Vipin Pal Singh, Dr. Suraj Kumar and Ms. Nisha Sharma (student). Dr. Sanjeev Thakur and Dr. Rajinder Kumar Sen coordinated the stage. Faculty and students from various departments participated in the program.

At the end of the program, Dr. Vinod Pathania gave a formal vote of thanks. Deans of various schools, heads of departments, officers, teachers and a large number of students participated in the program.

Activity B: Panel Discussion Session for Students on August 1, 2022

As a part of a programme series to promote critical and analytical ability of the students, Central University of Punjab, Bathinda (CUPB) organized an International Quiz Competition and a special Panel Discussion Session for students on the book "Modi @20: Dreams meet Delivery" on August 1—2, 2022. This program was conducted under the patronage of Vice Chancellor Prof. Raghavendra P. Tiwari. The Chief Guest of the Panel Discussion Program was Colonel (Retd.) Jaibans Singh, Editor, Punjab Pulse.

During the Panel Discussion Session, seven panellists critically summarized different chapters written by distinguished authors, such as Changing Elections and Electioneering Forever; New Grammar of Women Empowerment; Tackling Adversaries through Strong and Effective National Security Policies; Fighting the

Pandemic: Leading from the Front; Democracy, Delivery and the Politics of Hope; Success of People-centric Approach; and Environment sustainability and economic development: convergence in practice and action. The students who deliberated on this occasion were Vikrant (Dept. of Mass Communication and Media Studies), Vrinda Kahler (Dept. of Chemistry), Gyanendra (Dept. of Law), Himanshu (Dept. of Biochemistry), Birendra (Dept. of Physics), Nishchal Bhardwaj (Dept. of Physical Education) and Ankit (Dept. of English).



Chief Guest Colonel (Retd.) Jaibans Singh addressing the participants

In his lead remarks, Colonel (Retd.) Jaibans Singh appreciated the panellists for presenting their analysis on the impact of policies formulated by the Modi government on women's empowerment, social security, international relations, economic development and other areas. He stated that our Prime Minister Modi Ji is a visionary and an optimist, who considers India as a civilization and is always committed to promoting our ancient knowledge systems, traditions and values. He inspired youngsters to learn from Shri Narendra Modi's working methodology and adopt micro management, a bottom-up approach and consider all aspects to accomplish their long-term and short-term goals.



Vice-Chancellor Prof. Tiwari addressing the participants

In his presidential address, Prof. R.P. Tiwari stated that Shri Narendra Modi Ji has emerged as a global leader as all his policies are focused on promoting the Indian

civilizational traits of Vishwa Bandhutva, promotion of sustainable life practices and inclusive development of society. He emphasized that this panel discussion programme series motivated our students to learn from the personality

and philosophy of Shri Narendra Modi and imbibe qualities of patience, listening ability, dedication and self-belief in their personality.

Towards the end, Dr. Vipin Pal Singh and Dr. Vinod Pathania, programme coordinators, thanked the participants for their support in making this programme a success. Prof. B.P. Garg, Controller of Examination and Registrar (O) attended this programme as special guest. Faculty and students from various departments attended this programme.

Activity C: Essay Writing Competition on August 1, 2022

An Essay Writing Competition on the book "Modi@20: Dreams Meet Reality" was organized through an online platform on August 2, 2022. Out of 18 entries received from students, the judges selected 5 Essays for publication in the Special Edition of Newsletter on Series of Activities on Book "Mod@20: Dreams Meet Delivery".

Activity D: International Quiz Competition on August 2, 2022

An International Quiz Competition on the book "Modi@20: Dreams Meet Reality" was organized through an online platform on August 2, 2022.

Registration & Participation: More than 4200 youngsters from India and abroad registered in this International Quiz Competition. Above 717 persons participated in this competition and answered questions on different chapters of this book.

Winners: Medhasree Sanyal (University of Calcutta, West Bengal), Kapil Garg (Haryana) and Nivin Krishnan P. (IIT Madras, Tamil Nadu) obtained the first, second and third positions respectively in this competition.



Screenshot of the Leaderboard



**Medhasree Sanyal ,
1st Prize Winner**



**Kapil Garg, 2nd Prize
Winner**



**Navin Krishnan P.
3rd Prize Winner**

Prize Money: The winners received cash prizes of Rs 3000, Rs 2,000, and Rs 1,000 respectively. The Quiz competition was moderated by Prof. Felix Bast, HoD, Dept. of Botany, CUPB.



**Vice-Chancellor Prof. RP Tiwari felicitating Chief
Guest of Session 1 Shri Prafulla Ketkar**



**Vice-Chancellor Prof. RP Tiwari felicitating
Chief Guest of Session 3&4 Dr. Gurmeet Singh**



**Vice-Chancellor Prof. RP Tiwari
felicitating Chief Guest of
Session 5 Colonel (Retd.)
Jaibans Singh**



CUPB faculty and students attending the program

World Environment Day Celebrations 2022

June 5, 2022: CUPB Dept. of Environmental Science and Technology organized a Special lecture on 'Single Use Plastic'

The Department of Environmental Science and Technology at the Central University of Punjab, Bathinda (CUPB) organized an expert lecture on "Single-Use Plastic" to commemorate World Environment Day. The keynote speaker for this programme was the acclaimed environmental scientist Prof. Vinod Kumar Garg.

While interacting with the participants, Prof. Vinod Kumar Garg highlighted on the dreadful impacts of



Prof. Vinod Kumar Garg addressing the participants

"Single Use Plastic" on the environment and living beings. He stressed on the immediate need to replace single use plastic with disposable plastic and jute bags in our daily life routine. He also educated the audience about the Plastic Waste Management Rules laid down by the Government of India. Prof. Garg urged young people to join the United Nations # OnlyOneEarth campaign on World Environment Day 2022 to ensure that this unique and beautiful planet remains a safe haven for humanity.

The programme commenced with a welcome address by Dr. Sunil Mittal, Dean, School of Environment and Earth Sciences. After this, Dr. Yogalakshmi KN, HoD, Dept. of

Environmental Science and Technology, introduced the programme theme and highlighted the importance of living in harmony with nature and restoring the environment so that every species can thrive and live peacefully.

The programme was completed with a vote of thanks by Dr. Dhanya MS. On this occasion, Dr. Puneeta Pandey, Dr. PK Sahoo, Dr. Ajay Kumar, and other faculty members of the school were present. Research scholars, students, and staff attended the programme.

June 8, 2022: Documentary Making Competition and Environment through the lenses Competition organized at CUPB

The students of the Central University of Punjab, Bathinda (CUPB) celebrated World Environment Day 2022 by actively participating in various competitions, namely the Documentary Making Competition and Environment through the Lenses held at the university campus on Wednesday to spread awareness about environmental protection.

During the celebrations, the Dept. of Environment Science and Technology, in collaboration with the Institution's Innovation Council (IIC), at the university, jointly organized a Documentary Making Competition in which ten teams participated. The participants exhibited their documentary movies prepared on the focal theme of "Only One Earth", which inspired everyone to put in joint efforts to reduce air pollution, soil pollution, and water pollution.

In addition to this, the Dept. of Environment Science and Technology also conducted a second competition,

"Environment through the Lenses", in which 24 teams delivered an extempore speech related to a picture captured by them.

At the prize distribution ceremony, Prof. R.K. Wusirika, Dean Incharge Academics, and Prof. Monisha Dhiman, Director IQAC, felicitated the participants and gave award prizes to first, second, and third place holders. The team of Raj Kumar Singh, Fayaz Ahmad, and Govind emerged as winners of the Document Making Competition. The first prize in the Environment through the Lenses competition was bagged by Govind.

The programme commenced with the welcome address by Dr. Yogalakshmi K.N. Towards the end, Dr. Dhanya M.S. gave a formal vote of thanks. Faculty and students from various departments of the university attended this programme.

International Day of Yoga Celebrations 2022

May 31, 2022 to June 21, 2022: Central University of Punjab organized three-week celebrations to mark International Yoga Day- 2022

To sensitize youngsters about adoption of yoga in their daily life, the Central University of Punjab organized a series of events under three-week Celebrations to mark 8th edition of International Yoga Day from May 31, 2022 to June 21, 2022.

Activity A: Daily Yoga Session from May 31, 2022 to June 20, 2022

A 21 days yoga special was conducted on the theme “Yoga for Humanity” from 31.5.2022 to 21.6.2022 in the Lawn Area near the Monument and Entry Hall of Aryabhata Academic Block of the University from 6:30 to 7:30am. All the sessions were successfully conducted under the supervision of the

Faculty from the Department of Physical Education. Students, Teaching, non-teaching and villagers of nearby villages took part in the regular yoga sessions.



Glimpses of CUPB students and faculty members participating in Yoga Camp



Activity B: Seven-Day Alternative Therapy Workshop from June 6—12, 2022

The Inaugural ceremony of Seven-Day Workshop on the focal theme of Alternative Therapy was held on 6.6.2022 at 6:30am in the Entry Hall of Aryabhata Academic Block. Dr. Balwinder P. Garg, Controller of Examinations and Registrar Incharge of the University was the Chief Guest in the opening ceremony of the event.

The inaugural session was delivered by Dr. Laxminarayan Joshi, Head, Dept. of Yogic Sciences, Uttarakhand Sanskrit University, Haridwar, who took a session on Nadi Vigyan and Yoga Chikitsa. Dr. Joshi also conducted a special session on pain relief during which he shared how yoga therapy could help in providing relief from various health issues such as Cervical Spondylosis, Sciatic Nerve Pain, Back Pain and Arthritis Pain or any other pain associated with muscular tissues or ligaments.

During this seven-day workshop experts from different areas spoke and also took practical sessions on Nadi



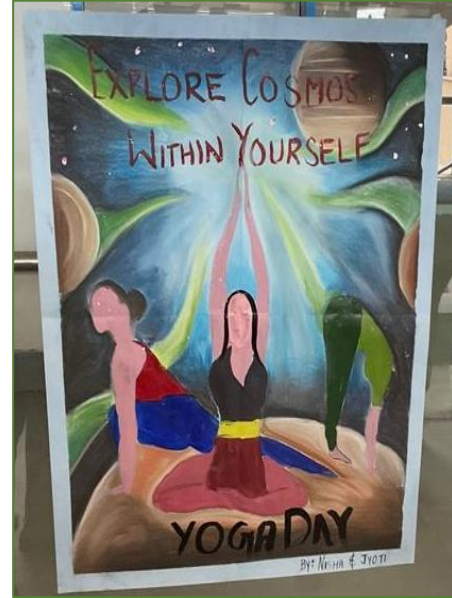
Glimpses of Alternate Therapy Workshop

Vigyan, Yoga Chikitsa, Yoga Asana, Pranayama, Surya Namaskar, and Ayurveda Panchkarma.

Activity C: Poster Making Competition and Rangoli Competition on June 9, 2022

Poster-making and Rangoli Competition (09.06.2022 from 3- 5 PM): A Poster making and Rangoli Competition was organized on the theme of ‘Yoga for Health, Wellbeing and World Peace’ provided by Ministry of AYUSH at the Entry Hall

of Aryabhata Academic Block on June 9, 2022. On this occasion, students from different departments participated to promote the message of adoption of Yoga in daily life routine.



Students participating in Rangoli Making Competition (Left) and a Photograph of Rangoli Art (Right)

Activity D: Traditional Herbal Medicine Session on June 10, 2022

A special session on Traditional Herbal Medicine was conducted on the theme of ‘Swadeshi Ayurved’ on June 10, 2022 in the Entry Hall of Aryabhata Academic Block, CUPB. The distinguished speaker

of this programme was Vaid Dharampal Singh, Guru Kirpa Ayurved Ashram, Ropar, Punjab.



Poster of Herbal Medicine Session (Left) and Programme Organizers felicitating the distinguished speaker (Right)

Activity E: Yoga Asanas Competition on June 11, 2022

A Yoga Asana Competition was conducted on the theme of ‘Yoga for Wellness’ at the Entry Hall of Aryabhata Academic Block. Students from different departments participated in this

competition and exhibited their perfection in performing various yoga asanas.

Activity F: Yoga and Health – Social Outreach Programme from June 16, 2022 to June 20, 2022

A society outreach program for the villagers of Ghudda and nearby regions in line with the AYUSH theme of ‘Yoga for Health, Wellbeing and World Peace’ was conducted to increase the holistic health

awareness through yogic asanas and pranayama. All the sessions were conducted in Gurudwara Sahib of Ghudda village.



Glimpses of Social Outreach Programme on ‘Yoga and Health’ conducted at Gurudwara Sahib, VPO hudda, Dist. Bathinda

Activity G: Essay Writing Competition on June 15, 2022

An Essay Competition on the Ministry of AYUSH theme “Yoga for health, wellbeing and world peace”

was organized on June 15, 2022 at the Entry Hall of the Aryabhata Academic Block, CUPB.

Activity H: International Quiz Competition on June 16, 2022

An International Quiz competition on the Ministry of AYUSH theme “Yoga for health, wellbeing and world peace” was organized on June 16, 2022 on a

virtual platform. Youngsters from Australia, UAE and India registered in this competition.

Activity I: Special Lecture on Yoga on June 18, 2022

A Special lecture on Yogic Style of living and Integral Excellence was conducted through a virtual platform. Dr Brijesh Singh, Assistant professor of

Yogashastra at KJS Institute of Dharma Studies, Mumbai delivered the talk.

Activity J: Mass Yoga Session organized on International Day of Yoga 2022 at Central University of Punjab on June 21, 2022

Central University of Punjab, Bathinda (CUPB) organized a Mass Yoga Session at the university campus to commemorate the 8th International Day of Yoga 2022 (IDY-2022). Prof. Raghavendra P. Tiwari, Vice Chancellor, graced the occasion as Chief Guest. The Guest of Honour and Special Guest for this programme were Prof. B.P. Garg, Registrar, and Sardar Karamjeet Singh, Pradhan, Gurudwara Prabandhak Committee, Village Ghudda, respectively. More than 300 participants, including university faculty, staff, and students and residents of Ghudda and Jhumba Villages, attended this programme.

At the beginning of the program, the participants witnessed a LIVE Telecast of an address by the Hon’ble Prime Minister Shri Narendra Modi. After this, everyone practised the Common Yoga Protocol given by the Ministry of Ayush, which included Yoga Asanas, Kapalabhati, Pranayama, Dhyana and several meditation based exercises. During this programme, CUPB students presented a beautiful Yoga Pyramid Demonstration, which was appreciated by one and all.

Dr. Sanjeev Mander, HoD, Dept. of Physical Education and Sports, in his welcome address, informed that the celebrations of International Day of Yoga (IDY) commenced at CUPB from 31st May 2022 and since then the university has organized a series of activities viz. Regular Yoga Sessions, One-Week Alternative Therapy Workshop, Poster Making Competition, Rangoli Competition, Essay

Writing Competition, Yoga Asana Competition, International Quiz Competition, and One-Week Yoga and Health Society Outreach Programme for Ghudda Villagers to spread awareness about the importance of yoga for health and wellness.

In his presidential address, the Vice Chancellor Prof. R.P. Tiwari stated that Yoga is the invaluable gift of ancient Indian traditions to humanity and Maharishi Patanjali is considered the compiler of Yoga Sutras that help us to discover oneness with ourselves, the world, and nature. He asserted that various activities organized by the university during the three-week celebrations to observe IYD-2022 will prove helpful to improve the holistic health of CUPB fraternity as well as our neighbourhood community. He exhorted youngsters to adopt Yoga in their daily life routine as it enhances their physical and mental fitness, boosts their immunity and increases their concentration level. He appreciated the Dept. of Physical Education and Sports for conducting activities covered under three-week IYD-2022 Celebrations.

During his programme, the Vice Chancellor Prof. R.P. Tiwari, along with CUPB officials and guests, gave away award prizes to the winners of various competitions organized to mark IDY-2022. Towards the end, organizers thanked the participants for making this event a huge success.



Vice Chancellor Prof. Raghavendra P. Tiwari performing Yoga Asana along with faculty and students during Mass Yoga Camp





CUPB students delivering Yoga Pyramid performance (left) and Group Photograph of Winners of different activities organized on the occasion of Int. Day of Yoga Celebrations (Right)

Activities organized by Legal Aid Centre

June 24, 2022: Hon'ble Minister of State for Housing and Urban Affairs Shri Kaushal Kishore inaugurated the Legal Aid Centre at Central University of Punjab



Hon'ble Minister of State for Housing and Urban Affairs Shri Kaushal Kishore inaugurating the Legal Aid Centre at Central University of Punjab launched with the aims to help the needy persons

July 13, 2022: Central University of Punjab organized legal literacy camp for students of Govt. Senior Secondary School, Ghudda and Govt. Sports Sr. Sec. School, Ghudda.

Under the guidance of Vice Chancellor Prof. Raghavendra P. Tiwari, the Dept. of Law and the Legal Aid Centre of the Central University of Punjab, Bathinda (CUPB) organized a Legal Literacy Camp for school students of Govt. Senior Secondary School, Ghudda and Govt. Sports Sr. Sec. School, Ghudda.

In this programme, faculty, research scholars and LLM students from the Dept. of Law, Central University of

Punjab, Bathinda (CUPB), visited the above schools and interacted with students from class XI to XII.

During the programme, the CUPB Legal Experts Team spread awareness about fundamental duties, social evils and crimes against women. Apart from this, the volunteers from the CUPB Dept. of Law shared information regarding legal remedies available for acid

attacks, eve teasing, sexual harassment and domestic violence against women.



Dr Raj Kumar delivering lecture to the school students

While interacting with students, Dr. Raj Kumar, programme coordinator, mentioned that the objective of this legal literacy camp is to ensure access to justice for all by bringing legal awareness through legal literacy in society. He informed that the National Legal Services

Authority (NALSA) has been constituted under the Legal Services Authorities Act, 1987 to provide free Legal Services to the weaker sections of the society and to organize Lok Adalats for amicable settlement of disputes. He also said that Punjab State has made provisions relating to free legal aid for needy people, and a person whose family annual income is below three lakh rupees can approach the District Legal Services Authority (DLSA) for free legal services.

During this legal literacy camp, student volunteers from the CUPB Department of Law, including Ms. Akansha Verma (Research Scholar), Mr. Jagmandeep Singh, Ms. Gurman Jeet Kaur, Ms. Shivangi Dutt, Mr. Gaurav, and Mr. Sanjeev Kumar, shared the provisions of the Indian Constitution and other legislation with the participants.

Towards the end, Prof. Tarun Arora, Dean, School of Legal Studies, thanked the authorities of Govt. Senior Secondary School, Ghudda and Govt. Sports Sr. Sec. School, Ghudda for providing necessary support for the successful execution of this programme.

July 22, 2022: Central University of Punjab organised a legal literacy camp at Government School Nandgarh and Punjab Institute of Technology, Nandgarh

As a part of the ongoing Legal Awareness Activity Series, the Dept. of Law and the Legal Aid Centre of the Central University of Punjab, Bathinda (CUPB), under the guidance of Vice Chancellor Prof. Raghavendra P. Tiwari, organised a Legal Literacy Camp for students of Govt. School, Nandgarh and Punjab Institute of Technology, Nandgarh.

During these camps, the faculty, research scholars, and LLM students of the CUPB Law Department spread awareness about the legal remedies available against acid attacks, eve teasing, sexual harassment, and domestic violence against women.

At the outset, Dr. Raj Kumar presented the theme of the programme to the participants. He stated that everyone is treated equal in the eyes of the law. The Constitution of India under Article 39-A (42nd Amendment) (Free Legal Aid) empowers the weaker section of society to have free access to legal services without any discrimination on account of class, sex, race and creed. He detailed the concepts of the National Legal Services Authority (NALSA), Lok Adalat and Mediation Centres.

After this, the volunteers from the CUPB Dept. of Law shared information regarding legal remedies available against acid attacks under Section 326 of IPC, eve

teasing under Section 354/506 of IPC, sexual harassment under the Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013 and domestic violence against women under Protection of Women against Domestic Violence Act 2005. They enlightened participants about the Compensatory Scheme run by the Govt. of Punjab for the victim or his/her dependents who have suffered loss or injury as a result of the crime and who require rehabilitation by the Legal Services Authorities.



Glimpse of Legal Literacy Camp organized in Govt School Nandgarh

On this occasion, student volunteers from the CUPB Department of Law including Akanksha Verma, Mohd. Kaif, Mukesh Kumar Dudi, Gurman Jeet Kaur, Shivangi Dutt, Sobia Kossar, Jagmandeep Singh, Gaurav Kumar, Tapes Meghwal, Sanjeev Kumar and Alok Kumar Kushwaha interacted with participants and answered their queries.

In the end, Prof. Tarun Arora, Dean, School of Legal Studies, emphasised the need for quick settlement of

disputes through Mediation Centres and Lok Adalats. He motivated youngsters to spread legal awareness in society. He shared that the Legal Aid Centre of the Central University of Punjab is going to launch a series of activities under the Constitutional literacy Campaign in coming days.

IIC and Training & Placement Cell Activities

June 17, 2022: Seminar on "Accelerators/Incubation – Opportunities for Students & Faculties" held at Central University of Punjab

The Institution's Innovation Council (IIC) of Central University of Punjab, under the patronage of Hon'ble Vice Chancellor Prof. Raghavendra Prasad Tiwari, organized a one-day seminar and interaction session on "Accelerators/Incubation – Opportunities for Students & Faculties – Early Stage Entrepreneurs" on 17th June 2022. Mr. Karan Garg, Director, Multimelt Steel Pvt. Ltd., Bathinda, was the keynote speaker of this programme.

At the outset, Prof. Monisha Dhiman, President IIC, welcomed the guests and attendees. Dr. Preeti Khetarpal, programme coordinator, introduced the keynote speaker.



CUPB fraternity attending the program

Keynote Speaker Mr. Karan Garg talked about the different stages of a start-up venture, which include idea, prototype, proof of concept and market ready. He mentioned that both incubators and accelerators play an important role in the growth journey of a start-up venture. Incubators nurture and mentor start-up ventures by providing them with office space,

mentorship, and partner opportunities and helping them to develop their idea into a POC (proof of concept). Accelerators provide personalized guidance to start-up founders who have developed a workable version of a new business concept and help them accelerate their business to become market ready by providing networking opportunities, collaboration opportunities with innovative start-ups and seed capital. He shared details of Start-up India Programmes by the Govt. of India and stated that any start-up with a workable business model can apply for the Start-up India Seed Fund Scheme (SISFS) through registered incubators.



Mr. Karan Garg addressing the participants

After the lecture session, the prize distribution ceremony for the winners of the "Business Ideas Competition" conducted in the month of February 2022 under the theme "Developing Online Repository Proof of Concepts (PoCs) Developed and Way forward Plan" was organized. A total of 72 students participated and presented 56 different innovative ideas. A team of internal and external experts screened and evaluated these ideas. Only four teams were shortlisted and

awarded prizes during this ceremony based on a three-stage screening and online presentation process.

Dr Sabyasachi Senapati, convener of the Business Idea Competition – 2022, informed that Top five ideas presented in Business Idea competition were mentored further and nominated to attend Smart India Hackathon (SIH-2022), which is a national level competition for innovative ideas. He gave a formal vote of thanks towards the end of the programme.

The prominent persons present on this occasion were Prof. Amandeep Kaur, Vice President IIC and Prof. B.P. Garg, Controller of Examinations and Registrar (O). More than 100 students, faculties and non-teaching staff of the University attended the event.

July 19, 2022: Awareness Lecture on Career Opportunities in Indian Coast Guard held at Central University of Punjab

Under the patronage of Vice Chancellor Prof. Raghavendra P. Tiwari, the Training and Placement Cell of the Central University of Punjab conducted an awareness lecture on "Career Opportunities in the Indian Coast Guard". The keynote speaker for this programme was Assistant Commandant Shri Shubham Kumar Sharan, Station Ops and Plans Officer, ICGS Pipavav, Gujarat.



Assistant Commandant Shubham K Sharan addressing the participants

During the lecture, Assistant Commandant Shri Shubham K. Sharan stated that the Indian Coast Guard is a multi-mission organization, conducting round-the-year real-life operations at sea. Despite being relatively small, it has a wide range of task capabilities for both

surface and air operations. He enlightened the participants on the organisational structure of Indian Coast Guard, various charter duties of Coast Guard and importance of coastal security.

Life on-board a Coast Guard ship is engaging, adventurous and challenging. "From saving human lives at sea and assisting fishermen in peril, to apprehending poachers and preserving marine biodiversity, job satisfaction comes easily to a Coast Guardsman", said Shri Shubham K. Sharan.

He explained the entry criteria, career path, coast guard work, and selection procedure for joining the Indian Coast Guard Services. The lecture session was followed by a Q&A session.

At the outset, Dr. Vinod K. Pathania, the programme coordinator, delivered a welcome address and introduced the keynote speaker to the participants. Towards the end, he thanked the Ministry of Defence and Indian Coast Guard for taking this initiative and spreading awareness among youngsters on career opportunities in ICGS on the occasion of Azadi ka Amrit Mahotsav. Students from various departments of the university participated in this program.

Lectures on Food Science & Agribusiness

June 7-10, 2022: Special Lecture Series organized to mark World Food Safety Day

Under the patronage of Vice Chancellor Prof. Raghavendra P. Tiwari, the Department of Applied Agriculture (Food Science & Technology), at the Central University of Punjab, Bathinda (CUPB), organized two

expert lectures on June 7th, June 2022 and June 9th, June 2022 in the field of food science and technology in observance of World Food Safety Day.

The distinguished speakers of this programme were Prof. Manab Bandhu Bera (Professor, Food Engineering & Technology, SLIET, Punjab) and Prof. Narpinder Singh (Professor, GNDU, Amritsar).

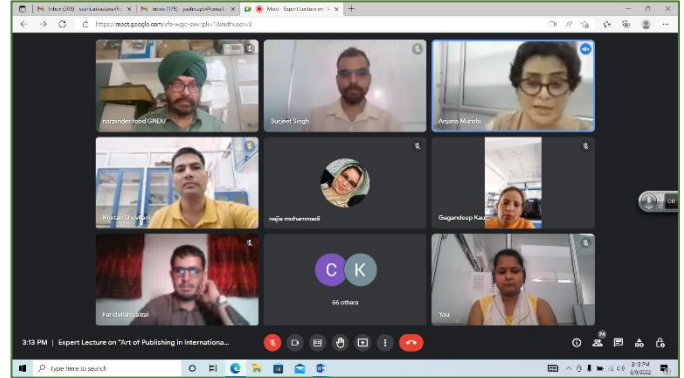


Prof. Manab Bandhu Bera addressing the participants

Prof. Manab Bandhu Bera delivered the first lecture of this series via offline mode on the topic "Designing New Food Products for Health & Diet: Challenges & Opportunities for Industries" on June 7th, 2022. While interacting with the participants, Prof. Bera discussed technology vision 2035, personalized food products, food structural design, oral processing, and oleogels in depth. He asserted that the application of food physics could play an important role in developing innovative solutions in the field of food processing and technology.

The second lecture session of this programme was conducted by Prof. Narpinder Singh via online mode on June 9th, 2022, wherein he enlightened the researchers on the topic of "Art of Publishing in International Journals". He explained the major focus areas for publication and good sources of publication. Further,

various matrices of publication for evaluating the author's credibility, like h-index, g-index, i-10 index, etc., have also been discussed. He guided the young research scholars in terms of taking precautions for all dos and don'ts. Prof. Narpinder Singh guided the researchers on the representation of data as well as improvement in publication skills in international journals.



Prof. Narpinder Singh addressing the participants during via online mode

At the outset, Dr. Yashi Srivastava, Programme Convenor, welcomed the guest speakers. Prof. (Dr.) Anjana Munshi, Director, R & D Cell & HoD, Department of Applied Agriculture, introduced the programme theme and briefed the scientific contribution of the guest speakers in the food processing sector. Towards the end, Dr. Surjit Singh Dhaka delivered a formal vote of thanks. The programme was attended by faculty and students from the university.

June 24, 2022: An awareness programme on the benefits of consumption and cultivation of millets organized at Central University of Punjab

Under the patronage of Vice Chancellor Prof. Raghavendra P. Tiwari, an awareness programme on the benefits of consumption and cultivation of millets was organized at Central University of Punjab on June 24, 2022. Shri Umendra Dutt, Founder Member and Executive Director, Kheti Virasat Mission and Shri Hartej Singh Mehta, President, Kheti Virasat Mission, Punjab, joined this event as distinguished speakers. This event was also attended by around 100 people from Ghudda and nearby villages.

While addressing the participants, Shri Umendra Dutt stated that millets are a rich source of nutrients, antioxidants and proteins. He talked about the nutritional importance and health benefits of millet consumption in daily life. A few beneficiaries also shared their experiences of the same. Speaking on this occasion

Shri Hartej Singh Mehta highlighted the need of millet cultivation for upliftment of soil fertility, conservation of resources and increasing farmers' income.

At the outset, Prof. Raghavendra P. Tiwari, Hon'ble Vice-Chancellor, Central University of Punjab welcomed the distinguished guests and participants. He emphasized on the need of bringing crop diversity for achieving sustainability in agriculture and addressing climate change through the cultivation of millets. He urged the participants to spread awareness about benefits of millet consumption in daily diet. The event culminated with the concluding remarks and vote of thanks by Prof. B. P. Garg, Controller of Examinations and Registrar In-Charge, CUPB.



Shri Umendra Dutt addressing the participants





Shri Hartej Singh addressing the participants



CUPB Vice-Chancellor and distinguished guests attending the programme along with farmers

Eminent academicians enlightened students during Invited Lectures organized by CUPB

Date	Details of Invited Lecture	Details of Speaker
10 th June, 2022	Dept. of Sociology organized an Invited Lecture on “India’s Knowledge Traditions and Guru Parampara”	Prof. Kapil Kapoor, Former Chairperson of Indian Institute of Advanced Studies, Shimla  Prof. Jagbir Singh, Hon’ble Chancellor, Central University of Punjab, Bathinda 
10 th June, 2022	CUPB SC/ST Cell organized a special lecture on “Career Opportunities and Enhancement of Entrepreneurial Skills”	Dr Awadhesh Pandey (Career Enhancer and Contributor to Skill India Movement, New Delhi) 
8th July, 2022	Dept. of Zoology organized webinar on Stem Cells in Health and Diseases	Satyendra Kumar Singh, Assistant Professor, Stem Cell / Cell Culture Lab, Dept. of CFAR, KGMU, Lucknow 

Environment Conservation Initiatives

Glimpses of various programmes organized Mass Plantation Drive



Tree Plantation Drive on June 26, 2022 at Entrance of Mata Gujri Girls Hostel and Rani Lakshmi Bai Girls Hostel, CUPB



Vice-Chancellor Prof. R.P. Tiwari encouraging students for tree plantation



Dept. of Geology Students planting tree saplings at CUPB Campus on their farewell on June 28, 2022



Prof. B.P. Garg, CoE and Registrar (O) and Prof. V.K. Garg, Dean Student Welfare, planting tree saplings for establishing Mango Orchards on July 7, 2022



Tree Plantation Drive on July 16, 2022 in front of Rose Garden, CUPB



Tree Plantation Drive on July 18, 2022 near Gate Number 1 of CUPB Campus



Vice-Chancellor Prof. R.P. Tiwari planting tree sapling near University Hostel Compound on July 24, 2022



Vice-Chancellor Prof. R.P. Tiwari along with students planting tree sapling near Annapurna Mess, CUPB on July 26, 2022



Group Photograph of CUPB students along with Vice-Chancellor Prof R.P. Tiwari on World Nature Conservation Day

Blood Donation and Health Check Up Camps

Glimpses of Blood Donation Camp organized to mark World Blood Donor Day 2022



CUPB faculty and students participating in Blood Donation Camp organized on June 14, 2022



Vice-Chancellor Prof. R.P. Tiwari appreciating the participants for voluntarily donating blood during the Camp on June 14, 2022



Group Photo of the Vice-Chancellor Prof. Tiwari with Blood Donors during the Blood Donation Camp on June 14, 2022

Glimpses of Health Check Up Camp organized in collaboration with IVY Hospital on July 27, 2022



CUPB employees and students participating in Health Check -Up Camp held on July 27, 2022



हिंदी अनुभाग (लेख)

संत साहित्य में अभिव्यक्त योग के विविध रूप

भारतीय चिंतन धारा में योग का अन्यतम स्थान माना गया है। भारतीय चिंतन से आधार प्राप्त कर योग समस्त मानव जीवन को नवचेतना और नव जीवन प्रदान करता है। योग एक ऐसा श्रेष्ठ साधन है जो जीव के आत्मिक एवं भौतिक दुःख का विनाश कर शाश्वत आनन्द की अवस्था प्रदान करता हुआ भीतर में निहित अपरिमित शक्तियों को जागृत करता है। व्युत्पत्ति की दृष्टि से योग शब्द 'युज्' धातु से बना है जिसका एक अर्थ है जोड़ना, मिलाना अथवा संयोजित करना तथा दूसरा अर्थ है- समाधि के रूप में मन को स्थिर करना। वास्तव में जीवन के किसी भी पवित्र लक्ष्य की प्राप्ति के लिए अथवा जीवन को साधने के लिए उठाया गया कोई भी कदम योग है। योग केवल शरीर को साधने का या उसे रोगमुक्त रखने का साधन मात्र नहीं है बल्कि आत्म-साक्षात्कार द्वारा ईश्वर से एकत्व तथा निर्वाण का चरम लक्ष्य योग है। योग एक ऐसा मानव धर्म है जो किसी मत विशेष, विश्वास रूप में सीमित नहीं है बल्कि यह सार्वभौमिकता और समरसता लिए हुए है। अपनी भौतिक एवं शारीरिक शक्ति को संचित कर परम सत्ता के साथ एकात्मकता स्थापित करना योग है।

भारतीय चिंतन धारा में मन को चंचल कहा गया है जो निरंतर इच्छाओं और वासनाओं की ओर उन्मुख रहता है। मन की गति को मनुष्य समझ नहीं पाता इसलिए मन मानव को विविध जंजालों में उलझाये रखता है। मन पर नियंत्रण रखना और उसे सही मार्ग पर ले जाना सबसे कठिन कार्य है। मन कि चित्तवृत्तियों का निरोध कर उसे स्थिरता प्रदान करना योग है। वास्तव में योग अत्यंत व्यापक विषय है जिसके अंतर्गत समस्त धर्म, अध्यात्म और दर्शन विद्यमान रहते हैं।

ऋग्वेद के अनुसार योग के द्वारा समाज समृद्धि को प्राप्त होता है तथा योग के बिना कोई भी यज्ञ कार्य सिद्ध नहीं होता। उपनिषदों में भी यह कहा गया है कि योग जीवन का मूल आधार है। उपनिषदों में योग के छह अंग बताए गए हैं- प्रत्याहार, ध्यान, प्राणायाम, धारणा, तर्क और समाधि। कठोपनिषद् के अनुसार यम ने नचिकेता को संपूर्ण योग विधि बताई थी। श्रीमद्भगवत गीता में भी योग शब्द की व्याख्या अनेक रूपों में हुई है। गीता के अनुसार योग सांख्य योग, कर्मयोग, ज्ञान कर्म संन्यास योग, कर्म संन्यास योग, संयम योग एवं ज्ञान विज्ञान योग आदि अनेक रूपों में प्रचलित है। गीता का मुख्य उद्देश्य मानव को ऐसा योग युक्त जीवन व्यतीत करने की शिक्षा देना है जिससे वह यह

अलौकिक जीवन में सफलता को प्राप्त कर परम सत्ता का सानिध्य प्राप्त कर सकें। भगवतगीता में प्रत्याहार, धारणा, ध्यान, समाधि आदि का भी वर्णन कई स्थलों में किया गया है। श्रीमद्भागवत पुराण में अष्टांग योग का विस्तार पूर्वक वर्णन मिलता है। भागवत के अनुसार 12 यम, 12 नियम के माध्यम से योग अपना स्वरूप जीवन में उद्घाटित करता है। योगवाशिष्ठ ग्रंथ में भी योग साधना की विधि योग सिद्धियां और योग भूमियों का विस्तार पूर्वक वर्णन मिलता है। योग के द्वारा मानव को अपने वास्तविक स्वरूप की अनुभूति होती है। योगवाशिष्ठ में योग के तीन मार्ग दर्शाए गए हैं - एक तत्व की दृढ़ भावना, दूसरा प्राणों का निरोध और तीसरा मन की शांति। यही नहीं आगे चलकर पुराणों, रामायण, महाभारत आदि ग्रंथों में भी योग का विशद वर्णन मिलता है। महर्षि पतंजलि के अनुसार चित्तवृत्तियों को रोकने का नाम योग है। चित्तवृत्तियों को बहिर्मुखी होने से रोक कर अंतर्मुखी बनाकर आध्यात्मिक विषयों में लगाना ही निरोध है और यही निरोध योग कहा गया है। योग में मन बुद्धि और अहंकार का समन्वित रूप देखने को मिलता है। इस प्रकार योग भारतीय चिंतन में अनेक रूपों में हमारे सामने आता है।

संत साहित्य हिंदी साहित्य का सबसे महत्वपूर्ण भाग माना गया है। संतो ने अपने साहित्य के द्वारा मूल्यों पर बल देते हुए जीवन को साधने की बातें कही हैं। जिसके सः भाव का अंत हो जाए और समस्त जगत को जो अपना मानता हो उसे ही संत कहा गया है। संतो ने अपने साहित्य के द्वारा जगत के सत्य को उद्घाटित कर परमात्मा की प्राप्ति का मार्ग दर्शाया है। संतो ने मानव जीवन में योग के महत्व को भी अनेक रूपों में वर्णित किया है। संतो के कथन अनुसार यदि आत्मा से परमात्मा तक पहुंचना है तथा जगत से पार अंतः चेतना को प्राप्त करना है तो इसका एकमात्र साधन योग है। योग साधना को उन्होंने तप से भी अधिक श्रेष्ठ स्वीकार किया है इसलिए संत चरणदास कहते हैं कि-

“योग तपस्या में बड़ा, पहुँचावे हरि पास।

जनम मरण विपता मिटै रहे न कोई आस।।”

संतों की बानियों में योग साधना से संबंधित अनेक पद प्राप्त होते हैं जिसमें संतों ने हठयोग, कुंडलिनी, जागरण चक्र, चक्र भेदन, अजपा जाप, अनहद नाद, गगन गुफा से अमृत रस का स्रवित होना, राजयोग, जप योग, वज्रयान, मुद्रा बंद, अष्ट योग

आदि की चर्चा की है। संतो के अनुसार योग के द्वारा कष्टों से मुक्ति मिलती है तथा हमारा चित्त परम सत्ता के प्रति समर्पित होता है। संतो ने योग साधना को मानव जीवन के लिए अत्यंत महत्वपूर्ण माना है। उनके अनुसार बाह्य आडंबर, पूजा-पाठ, मंदिर मूर्ति की आवश्यकता ना होकर चंचल मन को स्थिर करने के लिए योग ही एकमात्र साधन है। संत प्राणायाम को योग साधना में अनिवार्य मानते हैं। प्राणायाम प्रसंग में संतों ने कुंभक, रेचक, पूरक, इडा, पिंगला, सुषुम्ना आदि नाड़ियों का उल्लेख कर कुंडलिनी जागरण, अनहद चक्र भेदन और मुद्राओं का वर्णन किया है। कबीर ने कुंभक पर अधिक बल दिया है। 'कुंभक भरी पूरी जीना' कहकर अनाहद, श्रवण तथा मन को ऊर्ध्वगामी बनाने की बात कही है। वहीं दूसरी ओर सुंदरदास और चरणदास ने पिंगला और सुषुम्ना से पूरक, कुंभक और प्राणायाम करने का उपदेश दिया है। कबीर के अनुसार जीवन की बाधाओं को दूर करने के लिए कुंडलिनी को जागृत करना जरूरी है। पलटू साहब ने इडा, पिंगला, सुषुम्ना का उल्लेख करते हुए समाधि अवस्था तक पहुंचने के लिए प्राणायाम को महत्वपूर्ण बताया है तथा यह कहा है कि समाधि अवस्था की प्राप्ति हो जाने पर योग प्राणायाम, ध्यान, वैराग्य, अनाहद शब्द, अजपा जाप का ज्ञान साधक को नहीं रहता। दादू दयाल भी यह मानते हैं कि ब्रह्मरंध्र से निकलने वाले अमृत का पान करने के लिए प्राणायाम साधना अनिवार्य है। इस प्रकार संतों ने वासनाओं के उन्मूलन के लिए तथा मन को नियंत्रित रखने के लिए प्राणायाम को महत्वपूर्ण अंग के रूप में स्वीकार किया है।

संतो की बानियों में धारणा का उल्लेख भी मिलता है। धारणा से चित्तवृत्तियां स्थिर हो जाती है। कबीर के अनुसार धारणा के माध्यम से हम अपने जीवन को साधने का काम करते हैं। दादू दयाल के अनुसार ध्यान साधना का मानव जीवन में बहुत महत्व है। जिस प्रकार फूल में सुगंध तथा दूध में घृत छिपा रहता है उसी प्रकार आत्मा में परम तत्व का वास है उसे अखंड ध्यान

के द्वारा ही प्राप्त किया जा सकता है। संतो ने शरीर के अंदर चक्र कमल, त्रिकुटी, त्रिकुटी संगम, त्रिकोणी और त्रिवेणी आदि का भी उपदेश दिया है। समाधि अवस्था प्राप्त करना योग का अंतिम लक्ष्य माना गया है। समाधि अवस्था में साधक के लिए रूप, गुण, क्रिया, आकार, पाप और पुण्य आदि सब निश्चित हो जाते हैं। चरणदास के अनुसार इस अवस्था में पूजा, अर्चना, उपासना, भक्ति, ज्ञान एवं ध्यान इत्यादि सभी साधन निसार हो जाते हैं। संत सुंदरदास के अनुसार समाधि अवस्था में साधक और साध्य का विकल्प समाप्त हो जाता है। कबीर भी समाधि अवस्था में सभी विकारों की निवृत्ति मानते हैं।

इस प्रकार हम देखते हैं कि संत साहित्य में योग के अनेक रूप वर्णित हुए हैं। योग का हमारे जीवन में बहुत महत्वपूर्ण स्थान है तथा योग के माध्यम से इस जीवन को साधा जा सकता है। यही कारण है कि योग का महत्व आज विश्व स्तर पर सभी स्वीकार कर रहे हैं। इसी को ध्यान में रखते हुए 21 जून को विश्व योग दिवस के रूप में मनाया जाता है। योग की महत्ता उसकी प्रासंगिकता एवं उसका स्वरूप आज भारत ही नहीं वरन संपूर्ण विश्व स्वीकार कर रहा है। योग अपने विविध रूपों के द्वारा केवल संतो के साहित्य में ही अपना स्थान नहीं प्राप्त करता है बल्कि आज इसका स्वरूप मानव जीवन के अनेक रूपों में हम देख सकते हैं।

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पंजाबी भाषा: विरसा ते वरतमान

पंजाबी भारत की भारतीय भाषा परिवार नाल सँघीपिठ ईक आधुनिक भाषा है जिस दा पिढेकड़ दैदिक संसकृत विचें विकसत रुप पाली, पुरतक अडे अपरुंसां नाल जड़दा है। पंजाब विंचे विच बोलि जंटी भाषा पंजाबी है। सभे ते सभित्तीयां दे अनुसार ईसदे खेतर अडे सतुप विच परिवरतन दपरेदे रहे हन। पंजाब भारत दा पूरेसा दुआर हेठ करके भारत विच आउठे वाले हुकमरानां दीयां भाषावां अडे संसकृतीयां ईस नुं निरंतरत पुर्बावित करदीयां रहीं हन। ईस कारन ईह विंचा कदे वी

सभित नहीं रिहा अडे फलसतुप ईस दीयां बुर्गोलिक अडे राननितक सररेंदां सभे-सभे देरान बदलदीयां रहीं हन।

पंजाब दी तुरुं पंजाबी भाषा दा आकार ते नुहार वी निरंतरत बदलदी रहीं है। 'पंजाब' सभद फारसी भाषा दा मूल है जिसदा अरथ है पंज दरिआवां (सतलुज, घिआस, जिरलम, रावी, चनाब) दी षरती। ईस ते पहिलां ईस खेतर नुं सपत-सिंधु, दाहीक, मद्, टक, पंचनद, पंचाल आदि नावां नाल जाठिआ जंदा रिहा है। बालमीकी रमाईठ विच ईस नुं 'पंचनद' अडे मगाभारत विच ईस नुं 'पंचाल' नाम दिंचा गिआ है। पंजाब

ਸ਼ਬਦ ਅਸਲ ਵਿਚ ਪੰਚਨਦ ਸ਼ਬਦ ਦਾ ਹੀ ਫਾਰਸੀ ਤਰਜਮਾ ਹੈ। ਇਸ ਖੇਤਰ ਨੂੰ ਵੇਦਾਂ ਦੀ ਧਰਤੀ ਵੀ ਕਿਹਾ ਜਾਂਦਾ ਹੈ ਕਿਉਂਕਿ ਰਿਗਵੇਦ ਅਤੇ ਪਾਣਿਨੀ ਦੀ ਅਸ਼ਟਾਘਾਇ ਵਰਗੇ ਕਲਾਸੀਕਲ ਗ੍ਰੰਥਾਂ ਦੀ ਰਚਨਾ ਭੂਮੀ ਹੋਣ ਦਾ ਮਾਣ ਪੰਜਾਬ ਨੂੰ ਪ੍ਰਾਪਤ ਹੈ।

ਇਸ ਖੇਤਰ ਵਿਚ ਵਰਤੀ ਜਾਂਦੀ ਭਾਸ਼ਾ ਨੂੰ ਵਿਭਿੰਨ ਨਾਵਾਂ ਹਿੰਦਵੀ, ਹਿੰਦਕੇ, ਹਿੰਦੋਈ ਆਦਿ ਨਾਵਾਂ ਨਾਲ ਜਾਣਿਆ ਜਾਂਦਾ ਰਿਹਾ ਹੈ। ਪੰਜਾਬ ਵਿਚ ਮੁਸਲਮਾਨ ਰਾਜ ਦੀ ਸਥਾਪਤੀ ਤੋਂ ਬਾਅਦ ਇਸ ਨੂੰ ਮੁਲਤਾਨੀ, ਲਾਹੋਰੀ ਨਾਵਾਂ ਨਾਲ ਵੀ ਜਾਣਿਆ ਜਾਂਦਾ ਰਿਹਾ ਹੈ। ਸਮੇਂ-ਸਮੇਂ ਦੌਰਾਨ ਬਾਹਰੋਂ ਆਈਆਂ ਕੌਮਾਂ ਦੇ ਪ੍ਰਭਾਵ ਸਦਕਾ ਇਥੋਂ ਦੀ ਸਥਾਨਕ ਭਾਸ਼ਾ ਵੱਖ ਵੱਖ ਸੰਸਕ੍ਰਿਤੀਆਂ ਅਤੇ ਬਾਹਰੀ ਭਾਸ਼ਾਵਾਂ ਦਾ ਪ੍ਰਭਾਵ ਕਬੂਲਦੀ ਹੈ ਜਿਸ ਕਾਰਨ ਵਿਭਿੰਨ ਭਾਸ਼ਾਵਾਂ ਜਿਵੇਂ ਪਸ਼ਤੋ, ਪੁਰਤਗਾਲੀ, ਅਰਬੀ, ਫਾਰਸੀ ਆਦਿ ਦੀ ਸ਼ਬਦਾਵਲੀ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਵਿਚ ਸ਼ਾਮਿਲ ਹੋ ਗਈ। ਬਹੁਭਾਸ਼ਾਈ ਅਤੇ ਬਹੁ-ਸਭਿਆਚਾਰੀ ਕੌਮਾਂ ਦੇ ਮਿਸ਼ਰਣ ਅਤੇ ਆਦਾਨ-ਪ੍ਰਦਾਨ ਸਦਕਾ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦਾ ਇੱਕ ਵਿਲੱਖਣ ਮੁਹਾਂਦਰਾ ਹੋਂਦ ਵਿਚ ਆਉਂਦਾ ਹੈ। ਬਾਬਾ ਸ਼ੇਖ ਫਰੀਦ ਜੀ ਦੀ ਰਚਨਾ ਰਾਹੀਂ ਵਿਭਿੰਨਤਾ ਵਾਲਾ ਇਹ ਰੰਗ ਉਪਰ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਅਤੇ ਸਭਿਆਚਾਰ ਦਾ ਭਰਪੂਰ ਰੂਪ ਵਿਚ ਦੇਖਿਆ ਜਾ ਸਕਦਾ ਹੈ। ਇਸ ਦੇ ਬਾਵਜੂਦ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਨੇ ਆਪਣਾ ਮੂਲ ਸੁਭਾਅ ਨਹੀਂ ਛੱਡਿਆ ਸਗੋਂ ਇਸ ਨੇ ਅਨੇਕਾਂ ਭਾਸ਼ਾਵਾਂ ਨੂੰ ਜਜ਼ਬ ਕਰਕੇ ਆਪਣਾ ਹਿੱਸਾ ਬਣਾ ਲਿਆ। ਗਿਆਰ੍ਹਵੀਂ ਸਦੀ ਤੋਂ ਉਨ੍ਹੀਵੀਂ ਸਦੀ ਤੱਕ ਦੇ ਵਿਭਿੰਨ ਭਾਸ਼ਾਈ ਰੂਪ ਗੁਰਬਾਣੀ ਸਾਹਿਤ ਵਿਚ ਸੁਰੱਖਿਅਤ ਰੂਪ ਵਿਚ ਮਿਲਦੇ ਹਨ।

ਉਨ੍ਹੀਵੀਂ ਸਦੀ ਦੇ ਅੱਧ ਤੱਕ ਪੰਜਾਬ ਉਪਰ ਮੁਲਸਮਾਨੀ ਹੁਕਮਰਾਨਾਂ ਦਾ ਪ੍ਰਭਾਵ ਰਿਹਾ। ਉਸ ਤੋਂ ਉਪਰੰਤ ਅੰਗਰੇਜ਼ਾਂ ਦੀ ਹਕੂਮਤ ਨੇ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਅਤੇ ਸਭਿਆਚਾਰ ਨੂੰ ਵੱਡੇ ਪੱਧਰ ਤੇ ਪ੍ਰਭਾਵਿਤ ਕੀਤਾ। ਬਰਤਾਨਵੀਆਂ ਤੋਂ ਪਹਿਲਾਂ ਜੇ ਵੀ ਹੁਕਮਰਾਨ ਪੰਜਾਬ ਵਿਚ ਆਏ, ਉਹ ਆਪਣੀ ਭਾਸ਼ਾ ਤੇ ਸਭਿਆਚਾਰ ਨੂੰ ਵੀ ਨਾਲ ਲੈ ਕੇ ਆਏ ਅਤੇ ਇਥੇ ਲੰਬਾ ਸਮਾਂ ਰਹਿਣ ਉਪਰੰਤ ਇਸ ਦਾ ਹੀ ਅੰਗ ਬਣ ਗਏ। ਜਿਸ ਕਾਰਨ ਪੰਜਾਬੀ ਸਭਿਆਚਾਰ ਦਾ ਮੂਲ ਮੁਹਾਂਦਰਾ ਨਹੀਂ ਬਦਲਿਆ ਸਗੋਂ ਇਸਨੇ ਬਹੁਤ ਕੁਝ ਨਵਾਂ ਆਪਣੇ ਅੰਦਰ ਸ਼ਾਮਿਲ ਕਰਕੇ ਆਪਣੇ ਆਪ ਨੂੰ ਹੋਰ ਵਿਕਸਤ ਕੀਤਾ। ਪਰੰਤੂ ਅੰਗਰੇਜ਼ ਕੌਮ ਨੇ ਨਾ ਕੇਵਲ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਤੇ ਸਭਿਆਚਾਰ ਦੀ ਮੂਲ ਸਥਾਨਿਕ ਰੰਗਣ ਉਪਰ ਆਪਣਾ ਪ੍ਰਭਾਵ ਪਾਇਆ ਸਗੋਂ ਇਸ ਦੀ ਬੌਧਿਕ ਸਮਰੱਥਾ ਨੂੰ ਤਹਿਸ-ਨਹਿਸ ਕਰ ਦਿੱਤਾ। ਉਨ੍ਹਾਂ ਨੇ ਨਾ ਕੇਵਲ ਪੰਜਾਬ ਨੂੰ ਭੌਤਿਕ ਰੂਪ ਵਿਚ ਗੁਲਾਮ ਕੀਤਾ ਸਗੋਂ ਬੌਧਿਕ ਪੱਧਰ ਤੇ ਵੀ ਗੁਲਾਮ ਕਰਨ ਲਈ ਪੰਜਾਬ ਦੀ ਭਾਸ਼ਾ ਅਤੇ ਸਭਿਆਚਾਰ ਨੂੰ ਆਧਾਰ ਬਣਾਇਆ। ਬੇਸ਼ੱਕ ਹੋਰ ਵਿਭਿੰਨ ਭਾਸ਼ਾਵਾਂ ਦੀ ਤਰ੍ਹਾਂ ਪੰਜਾਬੀ ਵਿਚ ਅੰਗਰੇਜ਼ੀ ਸ਼ਬਦਾਵਲੀ ਸ਼ਾਮਿਲ ਹੋਈ। ਪਰ ਇਸਨੇ ਪੰਜਾਬੀ ਸ਼ਬਦ-ਭੰਡਾਰ ਦਾ ਹਿੱਸਾ ਬਣਕੇ ਪੰਜਾਬੀ ਦੇ ਸ਼ਬਦ ਭੰਡਾਰ ਵਿਚ ਤਾਂ ਵਾਧਾ ਕੀਤਾ ਪਰ ਗੁਣਾਤਮਕ ਤੌਰ ਤੇ ਇਸ ਨੇ ਕੋਈ ਵਿਕਾਸ ਨਹੀਂ ਕੀਤਾ। ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦਾ ਗ੍ਰਹਿਣਸ਼ੀਲਤਾ ਅਤੇ ਵਿਸਥਾਰਤਾ ਦਾ ਸੁਭਾਅ ਆਪਣਾ ਮਹੱਤਵ ਗਵਾਉਣ ਲੱਗਾ। ਕਿਉਂਕਿ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਨੇ ਇਹ ਪਰਿਵਰਤਨ ਸੁਭਾਵਿਕ ਰੂਪ ਵਿਚ ਗ੍ਰਹਿਣ ਨਹੀਂ ਕੀਤਾ ਸਗੋਂ ਇਸਨੂੰ ਇੱਕ ਕੂਟਨੀਤਿਕ ਮਨਸੂਬੇ ਤਹਿਤ ਇਸ ਉਪਰ ਥੋਪਿਆ ਗਿਆ ਹੈ। ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਅਤੇ ਸਹਿਤ ਸਭਿਆਚਾਰ ਦੀ ਵਿਰਾਸਤ ਵਿਚ ਇਸਨੂੰ ਵਿਭਿੰਨਤਾ ਵਿਚ ਏਕਤਾ ਦਾ ਗੁਣ ਮਿਲਿਆ ਹੈ ਜੋ ਇਤਿਹਾਸਕ ਰੂਪ ਵਿਚ ਭਾਰਤੀ ਸਮਾਜ ਦੀ ਸ਼ਕਤੀ ਰਿਹਾ ਹੈ। ਅੰਗਰੇਜ਼ਾਂ ਨੇ ਪੰਜਾਬੀ ਦੇ ਵਿਰੁਧ ਪਾੜੇ ਤੇ ਰਾਜ ਕਰੇ ਦੀ ਵਰਤੋਂ ਕਰਦੇ ਹੋਏ ਇਸ ਦੀ ਅੰਖਡਤਾ ਨੂੰ ਨਸ਼ਟ ਕਰਕੇ ਪੰਜਾਬੀ ਚੇਤਨਾ ਨੂੰ ਆਪਣੇ ਅਧੀਨ ਕਰ ਲਿਆ। ਭਾਈ ਗੁਰਦਾਸ ਜੀ ਦਾ “ਪੰਜਾਬੇ ਗੁਰ ਦੀ ਵਡਿਆਈ” ਵਾਲਾ ਪੰਜਾਬ ਅੰਗਰੇਜ਼ ਰਾਜ ਦੌਰਾਨ ਬਰਕਰਾਰ ਨਾ ਰਹਿ

ਸਕਿਆ ਅਤੇ ਇਸਦਾ ਪ੍ਰਭਾਵ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦੇ ਸਰੂਪ ਉਪਰ ਵੀ ਪਿਆ।

ਲੰਬਾ ਸਮਾਂ ਸੰਘਰਸ਼ ਤੋਂ ਉਪਰੰਤ ਵੀ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਨਿਰੰਤਰ ਵਿਕਾਸਸ਼ੀਲ ਰਹੀ ਹੈ। ਵਰਤਮਾਨ ਸਮੇਂ ਦੌਰਾਨ ਸੰਸਾਰ ਭਰ ਵਿਚ ਆਪਣਾ ਮਹੱਤਵਪੂਰਨ ਸਥਾਨ ਬਣਾ ਰਹੀ ਹੈ। ਆਧੁਨਿਕ ਦੌਰ ਵਿਚ ਪੰਜਾਬ ਦੇ ਬਸ਼ਿੰਦਿਆਂ ਨੇ ਵੱਖ-ਵੱਖ ਦੇਸ਼ਾਂ ਵਿਚ ਪਰਵਾਸ ਧਾਰਨ ਕਰਨਾ ਆਰੰਭ ਕੀਤਾ ਜਿਸਦੇ ਫਲਸਰੂਪ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਤੇ ਸਭਿਆਚਾਰ ਵਿਭਿੰਨ ਖਿੱਤਿਆਂ ਵੱਲ ਵਿਕਸਤ ਹੋਇਆ ਹੈ। ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਉਹਨਾਂ ਵਿਸ਼ੇਸ਼ ਭਾਸ਼ਾਵਾਂ ਵਿਚੋਂ ਇੱਕ ਹੈ ਜੋ ਆਪਣੇ ਵਿਲੱਖਣ ਮੁਹਾਂਦਰੇ ਕਾਰਨ ਪ੍ਰਸਿੱਧ ਹਨ। ਜੋ ਆਪਣੇ ਪੰਜਾਬੀ ਵਿਰਸੇ ਤੇ ਸਭਿਆਚਾਰ ਨੂੰ ਸੰਸਾਰ ਭਰ ਲੋਕ ਪਹੁੰਚਾਉਣ ਲਈ ਇੱਕ ਮਾਧਿਅਮ ਵਜੋਂ ਭੂਮਿਕਾ ਨਿਭਾਉਂਦੀ ਹੈ। ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਵੱਖ-ਵੱਖ ਰੂਪਾਂ ਵਿਚ ਦੇਸ਼ੀ ਅਤੇ ਵਿਦੇਸ਼ੀ ਪੱਧਰ ਤੇ ਵਿਕਾਸ ਕਰ ਰਹੀ ਹੈ। ਜਿਥੇ ਭਾਰਤ ਦੇ ਸੂਬਿਆਂ ਜੰਮੂ-ਕਸ਼ਮੀਰ, ਹਿਮਚਲ, ਹਰਿਆਣਾ ਆਦਿ ਵਿਚ ਬੋਲੀ ਜਾਂਦੀ ਹੈ ਉਥੇ ਇਹ ਦੁਨੀਆ ਦੇ 100 ਤੋਂ ਵਧੀਕ ਦੇਸ਼ਾਂ ਵਿਚ ਬੋਲੀ ਜਾਂਦੀ ਹੈ। ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਨੂੰ ਆਪਣੇ ਵਰਤਮਾਨ ਸਰੂਪ ਤੱਕ ਪਹੁੰਚਣ ਲਈ ਬਹੁਤ ਸੰਘਰਸ਼ ਕਰਨਾ ਪਿਆ। ਆਪਣੇ ਹੀ ਦੇਸ਼ ਵਿਚ ਇਸ ਨੂੰ ਰਾਜ ਭਾਸ਼ਾ ਦਾ ਦਰਜਾ 1966 ਈ. ਵਿਚ ਮਿਲਿਆ। ਹੁਣ ਇਹ ਸਾਰੇ ਸਰਕਾਰੀ ਸਕੂਲਾਂ, ਯੀਨੀਵਰਸਿਟੀਆਂ, ਕਾਲਜਾਂ ਆਦਿ ਵਿਚ ਦਫਤਰੀ ਕੰਮਾਂ ਲਈ ਵਰਤੀ ਜਾਂਦੀ ਹੈ। ਤਕਨੀਕੀ ਪੱਖ ਤੋਂ ਵੀ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਪ੍ਰਿੰਟ ਮੀਡਿਆ, ਸੋਸ਼ਲ ਮੀਡੀਆ, ਕੰਪਿਊਟਰ ਆਦਿ ਵਿਚ ਵਰਤੀ ਜਾਂਦੀ ਹੈ।

ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦੇ ਵਰਤਮਾਨ ਸਰੂਪ ਸੰਬੰਧੀ ਦੋ ਤਰ੍ਹਾਂ ਦੇ ਵਿਚਾਰ ਮਿਲਦੇ ਹਨ। ਇੱਕ ਪਾਸੇ ਉਹ ਧਿਰ ਹੈ ਜਿਸਨੂੰ ਲੱਗਦਾ ਹੈ ਕਿ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਖਤਮ ਹੋ ਜਾਵੇਗੀ ਅਤੇ ਦੂਜੇ ਪਾਸੇ ਉਹ ਧਿਰ ਹੈ ਜੋ ਇਹ ਮੰਨਦੀ ਹੈ ਕਿ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਵਿਕਾਸਸ਼ੀਲ ਹੈ ਇਸਦੀ ਹੋਂਦ ਨੂੰ ਕੋਈ ਖਤਰਾ ਨਹੀਂ। ਚਿੰਤਾ ਕਰਨ ਵਾਲਿਆਂ ਦਾ ਕਾਰਨ ਯੂਨੈਸਕੋ ਦੀ ਇੱਕ ਰਿਪੋਰਟ ਹੈ ਜਿਸ ਵਿਚ ਲਿਖਿਆ ਹੈ ਕਿ ਦੁਨੀਆ ਦੀਆਂ 7000 ਭਾਸ਼ਾਵਾਂ ਖਤਰੇ ਦੀ ਮਿਕਦਾਰ ਤੇ ਹਨ ਜੋ 50 ਸਾਲ ਤੱਕ ਖਤਮ ਹੋ ਜਾਣਗੀਆਂ ਜਿਨ੍ਹਾਂ ਵਿਚ ਪੰਜਾਬੀ ਸ਼ਾਮਿਲ ਹੈ। ਦੂਜੇ ਪਾਸੇ ਉਹ ਧਿਰ ਹੈ ਜੋ ਇਸ ਤੱਥ ਨੂੰ ਆਧਾਰ ਬਣਾਉਂਦੀ ਹੈ ਕਿ ਪੰਜਾਬੀ ਦੁਨੀਆ ਦੀਆਂ 100 ਸਭ ਤੋਂ ਵੱਧ ਬੋਲੀਆਂ ਜਾਂਦੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਸ਼ਾਮਿਲ ਹੈ ਇਸ ਲਈ ਇਸਦੇ ਵਿਕਾਸ ਨੂੰ ਕੋਈ ਖਤਰਾ ਨਹੀਂ। ਦੋਹਾਂ ਕਿਸਮਾਂ ਦੇ ਵਿਚਾਰਾਂ ਵਿਚ ਅਧੁਰਾਪਨ ਹੈ। ਮਸਲਾ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦੇ ਸਮੁਰਤ ਵਜੂਦ ਦਾ ਨਹੀਂ ਅਮੁਰਤ ਵਜੂਦ ਦਾ ਹੈ। ਬੁਲਾਰਿਆਂ ਦੇ ਪੱਖ ਤੋਂ ਤਾਂ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਬਹੁਤ ਵਿਕਾਸ ਕਰ ਚੁੱਕੀ ਹੈ। ਇਹ ਭਾਸ਼ਾ ਆਪਣੇ ਸ਼ੁੱਧ ਰੂਪ ਵਿਚ ਬੋਲੀ ਜਾਂਦੀ ਹੈ ਜਾਂ ਨਹੀਂ ਇਹ ਵੀ ਇੱਕ ਵੱਖ ਮਸਲਾ ਹੈ। ਤਕਨੀਕੀ ਰੂਪ ਵਿਚ ਵੀ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਬਹੁਤ ਵਿਕਾਸਸ਼ੀਲ ਹੈ, ਇਸ ਵਿਚ ਵੀ ਕੋਈ ਸ਼ੱਕ ਨਹੀਂ। ਪਰ ਮਸਲਾ ਗਿਣਤੀ ਦਾ ਹੈ ਹੀ ਨਹੀਂ ਮਸਲਾ ਤਾਂ ਗੁਣਵੱਤਾ ਦਾ ਹੈ। ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦੀ ਮੂਲ ਸਮੱਸਿਆ ਇਸ ਦੀ ਬੌਧਿਕਤਾ ਦਾ ਨਿਰੰਤਰ ਘੱਟਣਾ ਹੈ। ਬਸਤੀਵਾਦੀ ਦੌਰ ਵਿਚ ਪੰਜਾਬੀ ਚੇਤਨਾ ਉਪਰ ਹੋਇਆ ਹਮਲਾ ਆਪਣਾ ਅਸਰ ਹੋਰ ਗਹਿਰਾ ਕਰਦਾ ਜਾ ਰਿਹਾ ਹੈ। ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਵਿਚ ਵਿਰਾਸਤ ਬੋਧ ਵਾਲਾ ਗੌਰਵ ਅਤੇ ਸੁਹਜ ਘੱਟ ਚੁੱਕਾ ਹੈ। ਬਸਤੀਵਾਦੀ ਸੋਚ ਵਰਤਮਾਨ ਸਮੇਂ ਉਤਰ-ਬਸਤੀਵਾਦ ਦੇ ਰੂਪ ਵਿਚ ਅੱਜ ਵੀ ਪੰਜਾਬੀ ਚੇਤਨਾ ਨੂੰ ਜਕੜੀ ਬੈਠੀ ਹੈ। ਇਸ ਤਰ੍ਹਾਂ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਨੂੰ ਸ਼ਬਦਾਂ ਦੇ ਖਤਮ ਹੋਣ ਤੋਂ ਨਹੀਂ ਅਰਥਾਂ ਦੇ ਖਤਮ ਹੋਣ ਤੋਂ ਖਤਰਾ ਹੈ। ਇਸਦਾ ਕਾਰਨ ਦੂਜੀਆਂ ਦੇਸ਼ੀ ਜਾਂ ਵਿਦੇਸ਼ੀ ਭਾਸ਼ਾਵਾਂ ਦੀ ਵਰਤੋਂ ਨਹੀਂ ਬਲਕਿ ਪੰਜਾਬੀ ਚੇਤਨਾ ਅੰਦਰ ਲੰਬੇ ਸਮੇਂ ਤੋਂ ਵਿਦਮਾਨ ਹੀਣ ਭਾਵਨਾ ਹੈ। ਇਸ ਸਮੱਸਿਆ ਦਾ ਹੱਲ ਉਲ-ਜਲੂਲ ਮਸਲਿਆਂ ਉਪਰ ਬਹਿਸ ਕਰਨ ਜਾਂ ਦੂਜਿਆਂ ਨੂੰ ਦੇਸ਼ੀ ਠਹਿਰਾਉਣ ਵਿਚ ਨਹੀਂ ਸਗੋਂ ਵਿਰਾਸਤ ਦੇ ਤੱਤਾਂ ਨੂੰ ਇਸ ਵਿਚ ਮੁੜ

ਸ਼ਾਮਿਲ ਕਰਨ ਵਿਚ ਹੈ। ਜਿਸ ਵਿਚ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦਾ ਗੌਰਵਮਈ ਵਜੂਦ ਸ਼ਾਮਿਲ ਹੈ। ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਨੂੰ ਵਰਤਮਾਨ ਸਮੇਂ ਦੌਰਾਨ ਖਤਮ ਹੋਣ ਤੋਂ ਖਤਰਾ ਨਹੀਂ ਪਰੰਤੂ ਅਪਾਹਜ਼ ਹੋਣ ਦਾ ਖਤਰਾ ਜ਼ਰੂਰ ਹੈ ਕਿਉਂਕਿ ਇਸਦੀ ਵਿਰਾਸਤੀ ਵਿਸਤ੍ਰਿਤ ਅਤੇ ਅਖੰਡਿਤ ਹੋਂਦ ਨਿਰੰਤਰ ਘੱਟਦੀ ਜਾ ਰਹੀ ਹੈ।

ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਇੱਕ ਕੇਂਦਰੀ ਭਾਸ਼ਾ ਹੋਣ ਤੋਂ ਪਹਿਲਾਂ ਵਿਭਿੰਨ ਉਪਭਾਸ਼ਾਵਾਂ ਦਾ ਮਿਸ਼ਰਣ ਵੀ ਹੈ। ਦੂਜੇ ਸ਼ਬਦਾਂ ਵਿਚ ਵੱਖ-ਵੱਖ ਉਪਬੋਲੀਆਂ ਹੀ ਇੱਕ ਲੈਂਗ ਭਾਵ ਇੱਕ ਸਮੁੱਚੇ ਭਾਸ਼ਾਈ ਵਜੂਦ ਸਿਰਜਦੀਆਂ ਹਨ ਜੋ ਉਸ ਖਿੱਤੇ ਦੀ ਭਾਸ਼ਾ ਅਖਵਾਉਂਦੀ ਹੈ ਅਤੇ ਵੱਖ-ਵੱਖ ਪੈਰੋਲ ਭਾਵ ਵਿਅਕਤੀਗਤ ਭਾਸ਼ਾਈ ਰੂਪ ਜੋ ਇਸਦੀ ਸਿਰਜਣਾ ਕਰਦੇ ਹਨ ਉਹ ਉਪਬੋਲੀਆਂ ਅਖਵਾਉਂਦੀਆਂ ਹਨ। ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦੀਆਂ ਇਸਦੇ ਵਿਭਿੰਨ ਖੇਤਰਾਂ ਦੇ ਆਧਾਰ ਤੇ ਵਿਭਿੰਨ ਉਪਭਾਸ਼ਾਵਾਂ ਹਨ। ਪੂਰਬੀ ਪੰਜਾਬ ਵਿਚ ਮਾਝੀ, ਮਲਵਈ, ਪੋਠੋਹਰੀ, ਪੁਆਧੀ ਪ੍ਰਮੁੱਖ ਹਨ। ਪਹਾੜੀ ਤੇ ਡੋਗਰੀ ਉਪਭਾਸ਼ਾਵਾਂ ਹੁਣ ਵੱਖਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਬਣ ਚੁੱਕੀਆਂ ਹਨ। ਪੱਛਮੀ ਪੰਜਾਬ ਵਿਚ ਮੁਲਤਾਨੀ, ਲਾਹੋਰੀ ਉਪਭਾਸ਼ਾਵਾਂ ਦੀ ਵਰਤੋਂ ਹੁੰਦੀ ਹੈ। ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਨੂੰ ਪਹਿਲਾਂ ਇਸ ਦੀਆਂ ਉਪਭਾਸ਼ਾਵਾਂ ਲਾਹੋਰੀ, ਮੁਲਤਾਨੀ ਦੇ ਨਾਵਾਂ ਨਾਲ ਵੀ ਜਾਣਿਆ ਜਾਂਦਾ ਰਿਹਾ ਹੈ। ਪੰਜਾਬੀ ਵਿਚ ਮਿਲਦਾ ਮੁੱਢਲਾ ਨਾਥ ਜੋਗੀ ਸਾਹਿਤ ਪੂਰਬੀ ਪੰਜਾਬੀ ਦੇ

ਰੰਗਣ ਵਾਲਾ ਸੀ। ਇਸ ਉਪਰੰਤ ਫਰੀਦ ਬਾਣੀ ਵਿਚ ਪੱਛਮੀ ਪੰਜਾਬੀ ਦਾ ਪ੍ਰਭਾਵ ਸੀ। ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਵਿਚ ਲਗਭਗ ਸੱਤ ਸਦੀਆਂ ਦੇ ਪੰਜਾਬੀ ਦੀਆਂ ਭਾਸ਼ਾਵਾਂ ਤੇ ਉਪਭਾਸ਼ਾਵਾਂ ਦੇ ਨਮੂਨੇ ਮਿਲਦੇ ਹਨ। ਅੰਗਰੇਜ਼ ਰਾਜ ਦੌਰਾਨ ਮਲਵਈ ਕੇਂਦਰੀ ਪੰਜਾਬੀ ਵਜੋਂ ਵਰਤੀ ਜਾਂਦੀ ਸੀ ਜਿਸ ਕਾਰਨ ਉਸ ਸਮੇਂ ਮਲਵਈ ਦੀ ਭਰਪੂਰ ਵਰਤੋਂ ਹੋਈ ਆਧੁਨਿਕ ਕਾਲ ਵਿਚ ਬਹੁਤ ਸਾਰਾ ਸਾਹਿਤ ਮਲਵਈ ਵਿਚ ਲਿਖਿਆ ਗਿਆ। ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦਾ ਵੱਡਾ ਸ਼ਬਦ ਭੰਡਾਰ ਪੰਜਾਬੀ ਦੀਆਂ ਉਪਭਾਸ਼ਾਵਾਂ ਨੇ ਸੰਭਾਲਿਆ ਹੋਇਆ ਹੈ। ਵਰਤਮਾਨ ਸਮੇਂ ਉਤਰ ਆਧੁਨਿਕ ਯੁੱਗ ਵਿਚ ਵਿਸਵੀਕਰਨ ਦੇ ਪ੍ਰਭਾਵ ਅਧੀਨ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਵਿਕਾਸ ਕਰ ਰਹੀ ਹੈ ਪਰ ਇਸਦਾ ਇਲਾਕਾਈ ਰੰਗਣ ਅਤੇ ਮਹੱਤਤਾ ਘੱਟਦੀ ਜਾ ਰਹੀ ਹੈ।

ਲੇਖਕ: ਸੁਖਮਨਪ੍ਰੀਤ ਕੌਰ

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ਪੰਜਾਬ ਕੇਂਦਰੀ ਯੂਨੀਵਰਸਿਟੀ

RESEARCH PUBLICATIONS

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Student Activities and Achievements

The List of students defended Ph.D. Thesis (June 2022 to July 2022)

Sr. No.	Registration Number	Name	Department
1	CUPB/Mph-PhD/SBAS/BIO/2013-14/03	Pushpendu Kundu	Biosciences

Alumni Connect 2022

July 28, 2022: Central University of Punjab organized Alumni Meet-2022

Central University of Punjab, under the patronage of Vice Chancellor Prof. Raghavendra P. Tiwari, organised the 5th Alumni Meet and the 2nd Alumni Connect Program on a virtual platform last week. The university's alumni working in top positions in India and abroad participated in this program.

At the outset, Prof. Sanjeev Kumar, Chief Coordinator, Alumni Cell, welcomed the participants. He informed that this year the total CUPB alumni count has increased to 2311. This programme is an effort to establish a connection with CUPB Alumni to actualize the NEP 2020 vision regarding the expansion of global outreach of HEIs. Prof. Vinod Kumar Garg, President, Alumni Association and Dean Student Welfare, stated that CUPB Alumni Associations offer networking opportunities and act as career-building platforms for young alumni. CUPB alumni should also focus on conducting regular activities by starting their regular chapters.

In his presidential address, Vice Chancellor Prof. Raghavendra P. Tiwari stated that Alumni Connect Programs are important for higher educational institutions as they provide an opportunity for curriculum improvement, industry collaboration and financial support. He further stated that it is also the duty of a student to contribute to their alma mater as the Alumni Association works on the philosophy of "Learn, Earn, and Return." He encouraged the alumni to mentor the current students to achieve their career goals.

On this occasion, CUPB alumni from India and abroad shared their memories of studying at CUPB and how the university and its faculty have contributed to their personality development. The names of the alumni members who shared their experience are Dr. Devendra Meena, Research Associate, Imperial College, London, U.K.; Dr. Satej Bhushan, Scientist, CSIR-Central Salt and Marine Chemical Research Institute, Bhavnagar; Dr. Richa Mehra, Science writer, Journal of Visualized Experiments; Dr. Shruti Chaudhary, Research Engineer at University of Umea, Sweden; Dr. Shishir Upadhyaya, Post Doc Fellow at University of Umea, Sweden; Abhijanan Bhatt, University of Dublin, Ireland; Manoj

Kumar, PhD Scholar, University of Queensland; Deepti Chaudhary, Clinical Journalist, Lifecell International; Priyanshu Shukla, IIT Hyderabad; Padma Mahapatra; Jyoti Aditya Tripathi, Abhimanyu Jamwal, Land Use Planner, Adminton, Canada; Sunny Shakla, Sub Inspector CRPF; Adv. Amit Kumar, Legal Officer, BIRAC; Adv. Earika Chib, Legal Practitioner, J&K High Court; and Nirbhay Singh.



Glimpses of CUPB Alumni Meet 2022

The Program was coordinated by Alumni Cell Coordinators, Dr. Vinod Kumar Pathania, Associate Professor and Head, Department of Chemistry and Dr. Sumedha Dutta, Assistant Professor, Department of Sociology. The other dignitaries who were present on this occasion were Prof. Ramakrishna Wusirika, Dean Incharge Academics, Prof. Monisha Dhiman, Director, IQAC, Prof. Felix Bast, Dr. Anand Thakur, Heads and Deans of respective departments. The event was also attended by faculty members and non-teaching staff, students, and alumni of the university.

पंजाब केन्द्रीय विश्वविद्यालय ने एनआईआरएफ इंडिया रैंकिंग 2022 में विश्वविद्यालय श्रेणी में 81वां स्थान किया प्राप्त

सीयूपीबी ने एनआईआरएफ 2022 की फार्मसी श्रेणी में भी 26वां स्थान हासिल किया

खंडीला, 16 जून : पंजाब केन्द्रीय विश्वविद्यालय, बठिंडा (पीसीबी) ने विश्व में प्रथम पंजाब का सबसे बड़ा विश्वविद्यालय के रूप में एनआईआरएफ 2022 में विश्वविद्यालय श्रेणी में 81वां स्थान प्राप्त किया है। इस रैंकिंग में विश्व में प्रथम पंजाब का सबसे बड़ा विश्वविद्यालय के रूप में एनआईआरएफ 2022 में विश्वविद्यालय श्रेणी में 81वां स्थान प्राप्त किया है। इस रैंकिंग में विश्व में प्रथम पंजाब का सबसे बड़ा विश्वविद्यालय के रूप में एनआईआरएफ 2022 में विश्वविद्यालय श्रेणी में 81वां स्थान प्राप्त किया है।



पंजाब केन्द्रीय विश्वविद्यालय, बठिंडा का दृश्य।

2020 में 87 थी रैंकिंग और एनआईआरएफ 2021 में 84वीं रैंकिंग थी। 2019 में एनआईआरएफ 2022 में विश्वविद्यालय श्रेणी में 81वां स्थान प्राप्त किया है। इस रैंकिंग में विश्व में प्रथम पंजाब का सबसे बड़ा विश्वविद्यालय के रूप में एनआईआरएफ 2022 में विश्वविद्यालय श्रेणी में 81वां स्थान प्राप्त किया है।

पंजाब केन्द्रीय विश्वविद्यालय में नशे की लत पर रोकथाम प्रति जागरूकता फैलाने की ली शपथ



(अपर) वरिष्ठ शिक्षक और संलग्न हस्तियाल कर बाबा व प्रो. डी.के. सिंह तथा डा. कौर...

सीयूपीबी एससी स्टूडेंट को देगा यूपीएससी के लिए कोचिंग

जास, बठिंडा : पंजाब केंद्रीय विश्वविद्यालय (सीयूपीबी) अनुसूचित जाति के विद्यार्थियों को संच लोका सेवा आयोग (यूपीएससी) के सिविल सेवा परीक्षा लिए निशुल्क कोचिंग प्रदान करेगा। इसके लिए विश्वविद्यालय में विद्यार्थियों को लाभ

- निशुल्क कोचिंग के लिए प्रवेश परीक्षा के माध्यम से कुल 100 अनुसूचित जाति के छात्रों का किया जाएगा चयन
- इच्छुक अभ्यर्थी 15 जून, 2022 तक विश्वविद्यालय की वेबसाइट पर आवेदन कर सकते हैं



पंजाब केन्द्रीय विश्वविद्यालय, बठिंडा

कि इस योजना के तहत पंजीकरण प्रक्रिया के बाद प्रवेश परीक्षा के माध्यम से कुल 100 अनुसूचित जाति के अभ्यर्थियों का एक वर्ष की अवधि के लिए निशुल्क कोचिंग देने के लिए चयन किया जाएगा। इसमें से 33 प्रतिशत सीटें महिला अनुसूचित जाति के उम्मीदवारों के लिए आरक्षित होंगी। सीयूपीबी-डीएससी में चयनित छात्रों को विश्वविद्यालय के उच्च श्रेणी के शिक्षकों द्वारा निशुल्क विशेष कोचिंग प्रदान की जाएगी। साथ ही उन्हें विश्वविद्यालय की ओर से हार्ड स्पीड वाई-फाई कनेक्टिविटी, निर्माण में योगदान सशक्त बनाना है। एर आफ एक्सीलेंस त सस्कर के पर्व अधिकारिता

पौधारोपण कर पर्यावरण को बचाने का लिया संकल्प

पंजाब केन्द्रीय विश्वविद्यालय में गुलमोहर, सुखचेनी, चांदनी व गुडहल के पौधे लगाए गए

जास, बठिंडा : युवाओं में पर्यावरण संरक्षण के बारे में जागरूकता पैदा करने के लिए पंजाब केन्द्रीय विश्वविद्यालय में पौधारोपण कार्यक्रम आयोजित किया गया। इस कार्यक्रम का उद्देश्य विश्वविद्यालय के परिसरों में पौधारोपण कर पर्यावरण को बचाने का संकल्प लेना। प्रमुखी कुलपति ने कार्यक्रम का शुभारंभ किया। उन्होंने युवाओं को जागरूक बनाने के लिए कार्यक्रम का शुभारंभ किया। उन्होंने युवाओं को जागरूक बनाने के लिए कार्यक्रम का शुभारंभ किया।



पंजाब केन्द्रीय विश्वविद्यालय में पौधारोपण कार्यक्रम का शुभारंभ किया गया।

अपने-अपने घर पर तिरंगा जरूर फहराएं: प्रो. संजीव

खंडीला, 16 जून : पंजाब केन्द्रीय विश्वविद्यालय (सीयूपीबी) में कुलपति प्रो. राधेन्द्र प्रसाद तिवारी के संरक्षण में आयोजित पत्र पर 'पंचवीं पूर्ण छात्र बैठक और दूसरे एलुमनी कनेक्ट प्रोग्राम का आयोजन किया गया। भारत और विदेश में शोध पत्रों पर कार्यरत विश्वविद्यालय के पूर्व छात्रों ने इस कार्यक्रम में भाग लिया। कार्यक्रम के अंत में पूर्व छात्र प्रबन्धक के मुख्य सम्मन्वयक प्रो. संजीव कुमार ने प्रतिभागियों का अभिनन्दन करते हुए सुचित किया कि अपने-अपने घर पर तिरंगा जरूर फहराएं।



पंजाब केन्द्रीय विश्वविद्यालय में कुलपति प्रो. राधेन्द्र प्रसाद तिवारी के संरक्षण में आयोजित पत्र पर 'पंचवीं पूर्ण छात्र बैठक और दूसरे एलुमनी कनेक्ट प्रोग्राम का शुभारंभ किया गया।

पंजाब केन्द्रीय विश्वविद्यालय में बाजरे की खेती के लाभ विषयक जागरूकता कार्यक्रम आयोजित



बठिंडा (नौरत) : कुलपति प्रो. राधेन्द्र प्रसाद तिवारी के संरक्षण में पंजाब केन्द्रीय विश्वविद्यालय में पिछले समाह 'बाजरे की खेती के लाभ-आहार से आरोग्य' विषय पर जागरूकता कार्यक्रम आयोजित किया गया जिसमें खेती विभाग मिशन के संस्थापक सदस्य और कार्यक्रम निदेशक अमरेंद्र दत्त और खेती विभाग मिशन, पंजाब के अध्यक्ष श्री हरीज सिंह मेहता

तदोपरान्त कुछ लाभार्थियों ने बाजरे के सेवन के स्वास्थ्य लाभों के बारे में अपने अनुभव साझा किए। इस अवसर पर बोलते हुए श्री हरीज सिंह मेहता ने मिट्टी की उर्वरता में सुधार करने, प्राकृतिक संसाधनों के संरक्षण और किसानों की आय बढ़ाने के लिए बाजरे की खेती को अपनाने की आवश्यकता पर प्रकाश डाला।

प्राथम में कुलपति प्रो. राधेन्द्र प्रसाद तिवारी ने विशिष्ट अतिथियों और प्रतिभागियों का स्वागत किया। उन्होंने कृषि के सतत विकास लक्ष्य प्राप्त करने और जलवायु परिवर्तन को रोकने के लिए विविध फसल चक्रण तकनीक के अंतर्गत बाजरे की खेती को अपनाने की आवश्यकता पर बल दिया। उन्होंने प्रतिभागियों से दैनिक आहार में बाजरा सेवन के स्वास्थ्य लाभ के बारे में जागरूकता फैलाने का आग्रह किया। कार्यक्रम का अंत में परीक्षा नियंत्रक और कार्यवाहक कुलसचिव प्रो. बी. पी. गर्ग ने धन्यवाद ज्ञापन किया।

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