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PIXELS

The Monthly e-magazine



**Milkha Singh
-The Flying
Sikh**

Milkha Singh- The Flying Sikh

Milkha Singh, also known as The Flying Sikh, is an Indian former track and field sprinter. He was introduced to the sport while serving in the Indian Army. He was born on 20 November, 1929 according to records in Pakistan although other official records various state as 17 October 1935 and 20 November 1935. His birthplace was Govindpura, a village 10 kilometers (6.2 mi) from Muzaffargarh city in Punjab Province, British India (now Muzaffargarh District, Pakistan) in a Sikh family. He was one of 15 siblings, eight of whom died before the Partition of India. He was orphaned during the Partition, when his parents, a brother and two sisters were killed in the violence that ensued. He witnessed these killings.

Milkha Singh was the only Indian athlete to win an individual athletics gold medal at a Commonwealth Games until Krishna Poonia won the discus gold medal at the 2010 Commonwealth Games. He also won gold medals in the 1958 and 1962 Asian Games. He represented India in the 1956 Summer Olympics in Melbourne, the 1960 Summer Olympics in Rome and the 1964 Summer Olympics in Tokyo. He was awarded the Padma Shri, India's fourth-highest civilian honor, in recognition of his sporting achievements.

From beginnings that saw him orphaned and displaced during the Partition of India, Singh has become a sporting icon in his country. In 2008, journalist Rohit Brijnath described Singh as "the finest athlete India has ever produced". He represented India in the 200m and 400m competitions of the 1956 Melbourne Olympic Games. His inexperience meant that he did not progress from the heat stages but a meeting with the eventual 400m champion at those Games, Charles Jenkins, both inspired him to greater things and provided him with information about training methods.

In 1958, Singh set records for the 200m and 400m in the National Games of India, held at Cuttack, and also won gold medals in the same events at the Asian Games. He then won a gold medal in the 400m (440 yards at this time) competition at the 1958 British Empire and Commonwealth Games with a time of 46.6 seconds. This latter achievement made him the first gold medalist at the Commonwealth Games from independent India. Before Vikas Gowda won the gold in 2014, Milkha was the only Indian male to have won an individual athletics gold medal at those Games.

Milkha Singh was promoted from the rank of sepoy to junior commissioned officer in recognition of his successes in the 1958 Asian Games. He subsequently became Director of Sports in the Punjab Ministry of Education, from which post he had retired by 1998.

Campus Highlights

- All India Inter-University Fencing (Men) Championship held at Guru Nanak Dev University from 8th-11th January, 2019 in Indoor Multipurpose Hall. More than 100 (Men) teams comprising about 600 fencers of different Universities from all over the country have come to participate in this Championship. In the Foil (Men) team event, GNDU Fencing Foil (Men) team won Gold medal, Panjab University Chandigarh was silver medalist and Periyar University, Salem was bronze medalist. In the Epee (Men) team event, GNDU Epee (Men) team stood first, Manipur University, Canchipur stood runners-up and Anna University, Chennai was third. In the Sabre (Women) team, Panjab University, Chandigarh team won Gold medal, GNDU team won silver medal and Manipur University, Canchipur won bronze medal in this competition.
- Vice Chancellor Prof. Jaspal Singh Sandhu released the New Year's Wall Calendar dedicated to Golden Jubilee of Guru Nanak Dev University in a special function on January 11, 2019. Prof. Jaspal Singh Sandhu said that while the students who get education in the classroom, they should also make Self-Study an important part of their lives. He said that from this year, students will be able to make self-study as their original mantra which would also help in their future. He added that due to lack of self-study in student's life, many challenges in the future may be faced. This is the first time that the university has released a calendar sponsored by ICICI Bank.
- A Seminar on Road Safety and Traffic awareness was organized under the aegis of the MoU signed between Guru Ramdas School of Planning and Guru Nanak Dev University on January 17, 2019, to create an awareness of the traffic conditions and enforcement measures taken by the Traffic Cell of the Punjab Police.
- Startup India Punjab Yatra Boot Camp organized at Guru Nanak Dev University in Guru Granth Sahib Bhawan, partnering with government of Punjab on 24th January 2019. The boot camp presented the government initiative to promote startup in the presence of large number of students and budding entrepreneurs.
- Guru Nanak Dev University organized a Motivational seminar on 'Make Mind Your Best Friend', which was held at Guru Granth Sahib Bhawan on 28th January 2019. In this seminar Internationally recognized speaker Prof. E.V. Swaminathan shared various thoughts to release the stress.
- 11 students from the Department of Guru Ramdas School of Planning were recruited to the posts of Planning Officers in the Department of Town and Country Planning, Government of Punjab.

- Guru Nanak Dev University won North Zone Inter-University Football (Women) Championship 2018-2019 held at Guru Nanak Dev University. As per the final result, Guru Nanak Dev University Football Women team was winner with 6 points, University of Delhi was runners-up with 5 points and CBLU Bhiwani was third with 4 points. Punjabi University Patiala was fourth with 1 point.
- Three days National Seminar was organized by Indian Council of Philosophical Research to mark the 550th Birth Anniversary of Guru Nanak Dev at Guru Nanak Dev University in Guru Granth Sahib Bhawan from 13-15 February 2019. Prof. Balwant Singh Dhillon, Director founder of this Centre inaugurated the seminar. The seminar was based on Guru Nanak's Socio-Political Philosophy and Its Contemporary Relevance. Large number of scholars from Assam, Delhi, Tamil Nadu and other Universities of the Northern region participated in the event.
- Scholarship Distribution Function held by Nishkam Sikh Welfare Council at Guru Granth Sahib Bhawan of Guru Nanak Dev University on 18th February 2019. It was organized with the association of Sikh Human Development foundation(SHDF), U.S.A. Prof. K.S. Kahlon, Registrar of the University, was the Chief Guest. Scholarships were given to the needy students through SHDF Scholarships and Nishkam Sikh Welfare Council through Nishkam MCM Scholarships.
- The Department of History of Guru Nanak Dev University organized ICSSR Sponsored National Seminar on 'Historical Writings on the Jallianwala Bagh (1919)' on March 11, 2019, on the centenary year of the Jallianwala Bagh Massacre. S. Sukhbinder Singh Sarkaria, Cabinet Minister, Punjab Government, was the guest of honor. The seminar began with two-minute silence in the memory of the martyrs of Jallianwala Bagh tragedy. The event focused on the sacrifices made by the people who fought for the freedom of our country.
- Department of Sports Sciences and Medicine of the Guru Nanak Dev University organized A Two- day CME (Continued Medical Education Programme) on "Current Concepts and Advances in Sports Medicine" in conjunction with Indian Association of Sports Medicine on March 15,2019. Prof. Dr Jaspal Singh Sandhu in his inaugural address emphasized about the advancements in the research facilities of the Department and directed the students to be well versed with competitive environment for better success.
- Guru Nanak Dev University held the Golden Jubilee Basant Bahar Flower and Plants Exhibition on 14th March 2019 with the motive to connect student with nature and to enhance the floriculture and plantation in the society. This exhibition was organized due to the effort of Vice Chancellor Dr Jaspal Singh Sandhu, where Number of flowers and various stalls related to agriculture were there in the exhibition.

- Centre for Science and Environment, New Delhi (CSE) in collaboration with Faculty of Physical Planning and Architecture, Guru Nanak Dev University, organized a Training Programme on 'Sustainability and Circularity (Mass-Value-Carbon)' on April 3, 2019. The program was inaugurated by Chief Guest Prof. S. S. Behl, Dean Academic Affairs. The main motive of this event was to train the students of Planning and Architecture departments regarding the problems and challenges of sustainability and circularity in urban areas concerning State of Environment 2019.
- The students of the Guru Nanak Dev University danced to the beats of Dhol- the pride of Punjab's folk music which was introduced first time in world's oldest Vancouver piped band on April 13, 2019. Vice chancellor Prof. Jaspal Singh Sandhu communicated the message of awareness regarding Punjabi culture and laid homage to the martyrs of Jallianwala Bagh tragedy on completion of its 100 years.
- University Business School of the Guru Nanak Dev University organised a Management Fest Exordium 2.0 to celebrate the golden jubilee of the University and Five years of University Business School on 22 April 2019. Dr. Hardeep Singh, Dean Student Welfare formally inaugurated this festival while Prof. Dr. Sarbjot Singh Behl, Dean Academic Affairs was the Chief Guest at the valedictory function. Northern region of India participated to celebrate this event and more than 350 students actively took part in it.
- The department of Sports Sciences and Medicine of the Guru Nanak Dev University organized a "Laughter Yoga" session on April 24, 2019. Motive of this Session was to create positivity and stress free environment for the students before their exam. This event was held with the encouragement of Dr. Shweta Shenoy, Dean & Head of the department. Shri Durga Das Ji Vice President of Delhi laughter club was the key speaker who generated importance of laughter in the life of people.
- Vice Chancellor Prof. Jaspal Singh Sandhu presided over syndicate meeting in Syndicate room on May 27, 2019 at Guru Nanak Dev University. In the meeting the fee structure, new syllabus, new courses were introduced for upbringing of the students.
- The Pharmacy industries proposed placements to the students of Guru Nanak Dev University during the campus placement drive which was held on 29 May 2019. Seven students of Dept. Of microbiology were appointed for the post of microbiologist. The students were offered various annual salary packages up to Rs. 3.35 lakhs and job placement in various other countries.

- World Biodiversity day celebrated at Guru Nanak Dev University in Department of Botanical and environmental Sciences in collaboration with Punjab Biodiversity Board on 11 June, 2019. The celebrations focused on the Bio diversity as the foundation for our food and a key catalyst in transforming food system. The program was based on creativity of the students to make the best out of the waste resources. It was sponsored by National Biodiversity Authority.

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Poetry Section

Cries of Agony

Did you hear it?
When her silent cries begged you,
Praying to every lord
You'll be her knight in the shining armor.

Did you see it?
As he dragged her back
Into the depths of his personal hell,
Just to find guilty pleasure in her tears.

Did you feel it?
When her screams of agony,
They washed over you,
As a wave of shivers went down your spine.

Or were you just too far gone?
Like those other before you,
Who ran away just like you,
From the girls before her.

Did you think about her?
As heavy steps ushered you on,
Away from the unspoken sins
Sealing her fate in pain.

Did you ever wonder?
How it must've broken her-
Ripped her soul in two,
Or maybe just made her numb.

How her stained cheeks eventually dried,
How her aches were beyond the marks on her body,
How she must've shivered,
Under his disgusting stare of approval.

Did you ever face her?
Have the courage to look her in the eye?
Ask her how she got through it,
Or if she even did get through

I hope that you can't-
Can't look her in the eye.
I hope you can't even say how sorry you are
That you left her alone with dying hopeful eyes.

I hope you rot in hell,
And hear her screams still ringing,
I hope you feel my own agony,
As I see my daughter everyday- merely exist instead of live....

Noorpreet Kaur
2019EOA0002
B.Sc. (Hons.) Economics, Sem-I
Punjab School of Economics, G.N.D.U.)

Mothers

Mother's love is unconditional
Without her life is unthinkable
She is embodiment of love and care
Her decisions are correct and unfair
Her love can't be measured in degree
She is hub of mercy and Mary
God cannot be present everywhere
So he made mothers by swear
She is solution to all problems
Mothers are awesome blossom
She is down to earth
Bow to person who gave us birth
She bare all the pains
She is perfect picture of beauty with brains
Respect and love your mothers
Her love cannot be measured in numbers

Divya Sharma

Roll No. 17281987419

B.A. (Hons.) Sem-I

Department of Journalism and Mass Communication

Infant Slavery

I Remember, I Remember and I remember,
The house where I was born,
The little window where the sun
Came peeping in at morn;
I were a tomboy but I could forecast,
That my childhood is going to last.
My mischiefs are going to end,
But still being happy, I am trying to pretend.
Little paparazzi's are elated
But my Inner soul is highly frustrated.

I remember, I remember, and I remember,
The time the bell rang
And students coming out with a bang,
At that time my bag was full of garbage,
And my hands were working in drainage,
My heart leaps up when I behold
That this is my life where I am completely sold

I remember, I remember,
This was it when my life began;
So is it now I am a man
What could be done,
I feel pity for myself
As my innocence and childhood has scattered around the shelf.

I remember
My shoulders are heaped down,
But god is with me as a crown
I admit my kitchen cartons are empty
Don't worry I am not complaining
It's the reality that my feet are always paining,

Only kid man in my house
Who have to full-fill responsibility of million big mouse.

Childhood, after all, is the first precious coin that poverty steals from a child
With all these disappointments I am facing life
Trust me which is really wild

I really care and share that-----
Great was the childhood, innocent were the smiles.
Walking through the woods was better than today's long drive of miles!
Wish I could be selfless and joyous once again,
And forget the mess that ends up only in pain!

Thinking of gods saying that
He would hold our hand every minute and everyday
But he won't because he knew we need to find our own way.

This is the end of my described felling o but
I still hope that everything would be fine
And one day I will happily dine

Aashi Nischal
MBA (FYIC) Semester-I
UBS Department

ਸਮਾਂ

ਸਮਾਂ ਬਹੁਤ ਬਲਵਾਨ ਹੁੰਦਾ ਹੈ,
ਬੰਦੇ ਦਾ ਅਸਲੀ ਚਿਹਰਾ ਕੀ ਹੈ, ਇਹ ਸਭਦੀ ਸਮਾਂ ਪਹਿਚਾਣ ਹੁੰਦਾ ਹੈ।
ਸਮਾਂ ਕਦੇ ਵੀ ਇਕੋ ਜਿਹਾ ਨਹੀਂ ਹੁੰਦਾ,
ਜੇ ਅੱਜ ਮਾੜਾ ਏ ਤੇ ਕੱਲ੍ਹ ਚੰਗਾ ਵੀ ਆਉਣਾ ਏ।
ਹਰ ਕੀਤੀ ਹੋਈ ਗਲਤੀ ਦਾ,
ਸਮੇਂ ਨੇ ਇਹਸਾਸ ਦਵੇਣਾ ਏ।
ਕਿੰਨੇ ਨਾਲ ਖੜ੍ਹੇ ਨੇ ਤੇ ਕਿੰਨੀਆਂ ਦੇ ਸਾਥ ਛੁੱਟਣੇ ਨੇ ਇਹ ਸਭ ਸਮੇਂ ਨੇ ਦਿਖੇਣਾ ਏ।
ਲੋਕਾਂ ਦੀ ਸੋਚ ਨੂੰ ਪਹਿਚਾਣ ਦਾ ਤਰੀਕਾ ਵੀ ਸਮਝੇਣਾ ਏ,
ਬੁਰੇ ਵਕਤ ਨੇ ਬਹੁਤ ਲੋਕਾਂ ਦੇ ਚਿਹਰੇ ਤੇ ਨਕਾਬ ਹੱਟੋਣਾ ਏ,
ਇਹ ਵਕਤ ਨੇ, ਇਹ ਸਮੇਂ ਨੇ ਹਰ ਨਵੇਂ ਮੋੜ ਤੇ ਨਵਾਂ ਰੰਗ ਦਿਖੇਣਾ ਏ।

Harleen

Roll No: 17281987403

B.A. (Hons.) Sem-I

Department of Journalism and Mass Communication

ਸੁਬਹ ਦੇ ਸੁਨੇਹੇ

ਅੱਜ ਤਾਰਿਆਂ ਦੀ ਲੇਏ ' ਵੁਜੂ' ਕਰ

ਬੈਠੀ ਸਾਂ ਕਿਤਾਬਾਂ ਪੜ੍ਹਨ

ਨਾ ਮੰਦਰ , ਨਾ ਮਸੀਤੇ

ਬੈਠੀ ਸਾਂ ਵਿਚ ਕੁਦਰਤੇ

ਸੂਰਜ ਦੀਆਂ ਕਿਰਨਾਂ ਹਾਲੀਂ ਧਰਤੀ ਨੂੰ ਛੁਹਣਾ ਸੀ

ਪਰ ਦੋ ਅਵਾਜ਼ਾਂ ਦੀ ਇਕਮਿਕਤਾ ਮੈਨੂੰ ਛੂਹ ਗਈ ਸੀ

ਗੁਰੂ ਘਰ 'ਚ ਭਾਈ ਜੀ ਨੇ "ਰਹਾਓ..." ਤੋਂ ਵਾਕ ਆਰੰਭ ਕਰਿਆ

ਮਸਜਿਦ 'ਚ ਮੌਲਵੀ ਨੇ " ਅਲਾਹ..." ਤੋਂ ਨਮਾਜ਼ ਨੂੰ ਉਚਰਿਆ

ਮੇਰੀ ਦੇਹ 'ਚ ਵੱਲ ਵਲੇਵੇਂ ਖਾਂਦੀ ਹਵਾ ਸ਼ਾਂਤ ਹੋ ਗਈ

ਬੇਸ਼ੱਕ -

ਨਾ ਮੈਨੂੰ "ਰਹਾਓ ..." ਤੋਂ ਅੱਗੇ ਵਾਕ ਦਾ ਤੱਥ ਪਤਾ ਲੱਗਿਆ

ਨਾ ਹੀ "ਅਲਾਹ ..." ਤੋਂ ਅੱਗੇ ਨਮਾਜ਼ ਦਾ

ਮਗਰ ਜਿਸ ਕਾਰਨ 'ਰਹਾਓ' ਤੇ 'ਅਲਾਹ' ਇਸ ਧਰਤੀ 'ਤੇ ਆਏ

ਕੁਦਰਤ ਦੀ ਕਾਇਆ ਕਲਪ ਨੇ ਉਸਨੂੰ ਪੂਰਨ ਕਰਨ ਦਾ ਸਬੱਬ ਆਪ ਹੀ ਘੜਿਆ....

ਮੇਹਰਾਬ

ਕਾਨੂੰਨ ਵਿਭਾਗ (ਸਮੈਸਟਰ - ੩)

Roll No. 2018LDA0533

Articles Section

Happiness

Happiness is a very basic term which is used very commonly. Even a small kid knows the meaning of happiness but how many of us are truly happy. People possess so much, have reach professional heights but they miss out on a simple thing like happiness. It's not something you'll get through something or someone. Happiness lies within you. We're so busy attaining things and matching with the standards that society has set up that we have become insecure about ourselves. We always look for perfection, always looking for more and in that search we lost what we have now. Flawed is worthy and beautiful and that's what makes us better. Stop for a while and love yourself, make time for yourself, be happy with yourself, accept and appreciate what life gives you. Happiness is worth more than money. Happiness begins with you. You're enough, a thousand times enough. At the end what really matters is not what we bought, but what we built; not what we got but what we shared; not our competence, but our character; and not our success, but our significance. Live a life that matters. Live a life of love and happiness. Be kind, be thankful, be happy and you'll make a difference.

Vasvi Gupta

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B.A. (Hons.) Sem-I

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Life at Ease

What the Life is. At one moment you are at the peak of your happiness, absorbed in your day dreams and at the other moment the harsh reality hits you and all your dreams get shattered. But still the happiness is in your hands. Either you can find something good in adversity or you can cry, weep at your fate. Everything happens for a cause of good. Do you think the God, the Creator of all, the Omnipotent, the Limitless, the Boundless, the Omniscient, the Merciful, the Sovereign, the Perfect can do something which is not good for you? Which parents do bad for their child?

Every adversity is a chance, an opportunity to grow, to be strong. Remember, when adversity comes Its God saying you, "Son, Its time for you to be stronger, to be mature." God is the Supreme Helper. Go and ask for His help. He will be with you forever if you consider Him with yourself everywhere. Have faith in Him and keep on accepting wholeheartedly what the life throws at you. There is nothing best you can do except accepting. Just go with the flow.

Gurpreet Kaur

2018CYB3028

M.Sc. Applied Chemistry (Pharmaceutical) Sem-III

Department of Chemistry

Living in The Present, Is True Living

"Live in the moment." We've all heard it before, but not many people actually take these words to heart.

You must live in the present, launch yourself on every wave, find your eternity in each moment. When you aren't being in present you become a victim of time, your mind is pulled into the past or the future, or both. Your thoughts are of the past: what has been, what could have been, what you thought happened vs. what actually did happen. Or, your thoughts are of the future: what will be, what could be, what might be, if...

Of course, it's natural to spend moments of thought in the past or in daydreams of the future. But when our lives become dictated by thoughts and emotions attached to past events and potential future outcomes, standing peacefully rooted in the present becomes increasingly rare. Living in present doesn't mean that people who live in the moment are unprepared for what comes next in life. People who live in the moment also have more motivation to get outside, have an adventure, and do all kinds of things. Living in the moment seems like one key to the true happiness and peace.

The present is all that anyone ever have. So why not live in the moment? You can really have fun! "We learn from our pasts", indeed we do, yet when it comes to making decisions, we have a tendency to revert to that past place or result which is dangerous for us. So do not worry about the past, for the past is over. We should not relive what was, but instead, we need to pave a new path. Stressing over the future can throw you off track from your destiny. The future is your destination, so do not concern yourself with the future, for tomorrow is never promised. All we have is this very moment — all we have is now. Always remember "Yesterday is the past, tomorrow is the future, but today is a gift. That's why it's called the present.". Change is the law of life. And those who look only to the past or future are certain to miss the present. ***Real generosity toward the future lies in giving all to the present.*** So, live this moment, live it like your last day of life because life is very uncertain and short.

Yatin Gupta,

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Passing Through the Forest



Vishnu Mehra
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A Sketch



Jaskaran Singh
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Beauty of Nature



Janit Grover
UBS Department

A View Through My Lens



Tanzeel Ahmed

Roll No. 2016ARA0081

B.Arch. 4th Year

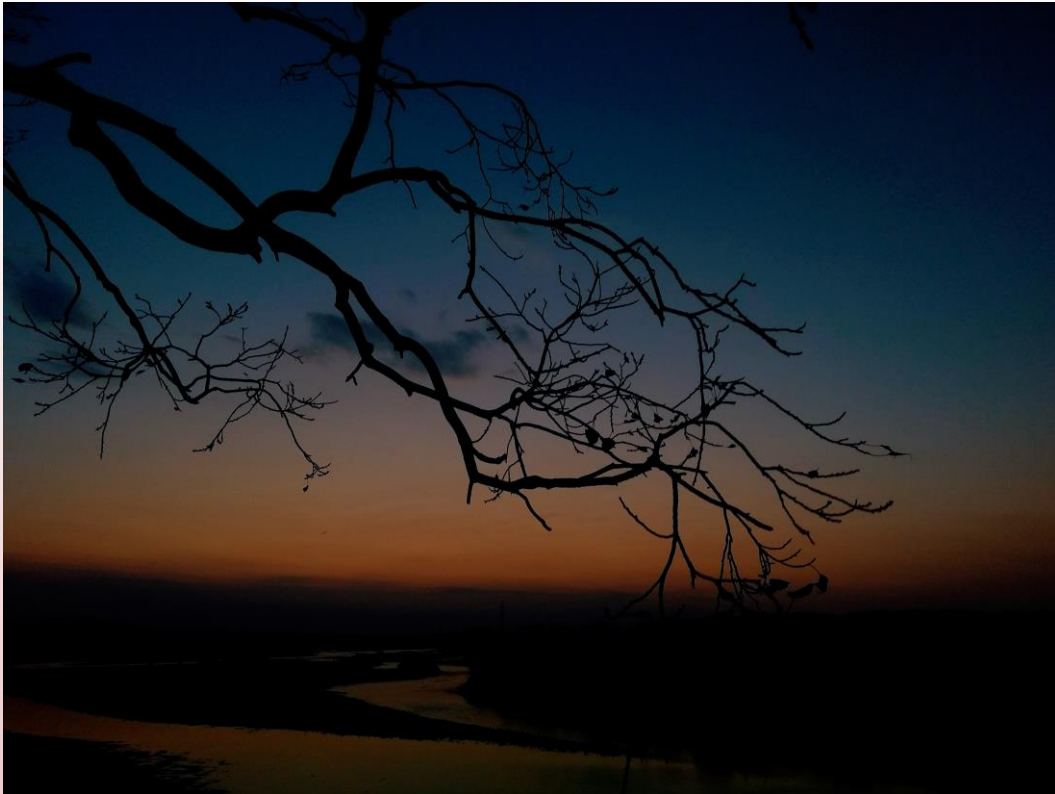
Department of Architecture

Dhauladhar View



Shailja Kumari
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Crossing The Horizons



Anmol Saini

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Students' Activity Clubs

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Author Guidelines

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Pixels is our monthly e-magazine which will showcase articles, poems, columns, and short stories in English, Hindi and Punjabi along with art, photographs, comic strips, paintings and cartoons. Please follow both the General and Submission article specific guidelines.

General

1. The content to be sent to e-magazine should be original.
2. Kindly send your content only at emagazine@gndu.ac.in and mention the topic in the Subject line.
3. Please include your name, Class, Department and University Registration number. Without this information, the submission wouldn't be accepted.
4. The content of your submission should not be defamatory, offensive or unlawful in any way.
5. There is no deadline for any submission (except in case of special issues). The editorial board will review the received submissions once every month.
6. The contributor will be notified if his/her submission is accepted for publication purpose.

Short Stories

1. The submissions should be submitted as a Microsoft Word file.
2. The word limit for submitting Short Stories is up to 3000 words.
3. Use Calibri 11-point Font, with double line spacing and 1" margins.

Photography, paintings, cartoons and comic strips

1. The photograph, painting, cartoon and comic strip should be original and self-created.
2. Photograph should be accompanied by a caption to describe it.
3. Photograph should be of high resolution, at least 300 ppi and of 1600 by 1200 pixels, so that it can be reproduced at 5 x 4 inches.
4. Photograph can be submitted in JPEG or TIFF format.
5. Please do not send printed digital photographs as will not be reproduced in good quality for publishing in magazine.

6. Painting should be clearly scanned at a resolution of at least 300 ppi and sent in TIFF or EPS format.
7. Cartoon and comic strip should be sent in PDF format.
8. Comic strip should not contain more than 6 sequential panel images set on one A4 size sheet.
9. In addition, please closely follow the general guidelines for content submission.

Essays and columns

1. Essay/Column length should not exceed 2000 words limit.
2. Line spacing should be 1.5
3. Please attach your essay as an MS-Word doc AND paste the text into the body of the e-mail.
4. Send ONE e-mail with all elements of your submission, not multiple e-mails with various pieces and/or versions.
5. No pseudonyms (including the author), composite characters, or invented situations may be used.
6. Essays must be previously unpublished. Work that has appeared online, on blogs, etc., is considered to be previously published.

Punjabi Stories, Essays, Poems/Ghazals.

1. Choose the AnmolKalmi Punjabi Font in point size 14.
2. Use 1.5-line line spacing in the entire manuscript.
3. Left margin as well as Right margin should be 1.3. cm.
4. Top and bottom margins should be 1.5 cm each.

Hindi Stories, Essays, Poems/Ghazals.

1. Choose the KritiDev Hindi Font in point size 15.
2. Use 1.5-line line spacing in the entire manuscript.
3. Left margin as well as Right margin should be 1.3. cm.
4. Top and bottom margins should be 1.5 cm each.

English Poems

1. Each poem submitted must be the author's original work. Any discrepancies/plagiarized content will be the responsibility of the author.
2. Each entry must be submitted in Times New Roman (12 font size) and 1.5 spacing
3. Please attach your poem as an MS-Word doc AND paste the title into the body of the e-mail
4. Poems may be on any subject
5. No pseudonyms (including the author), composite characters, or invented situations may be used.

Glimpses of GNDU Campus



Contact us: emagazine@gndu.ac.in



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