

VOLUME 1
NOVEMBER 2017

PIXELS

The Monthly e-magazine

THE POETRY IN YOUR MELANIN!

Stressed?

The answer
lies within

Put down the bleach!
Your skin is not dirt,

*The Superstar
of Punjabi
Poetry*

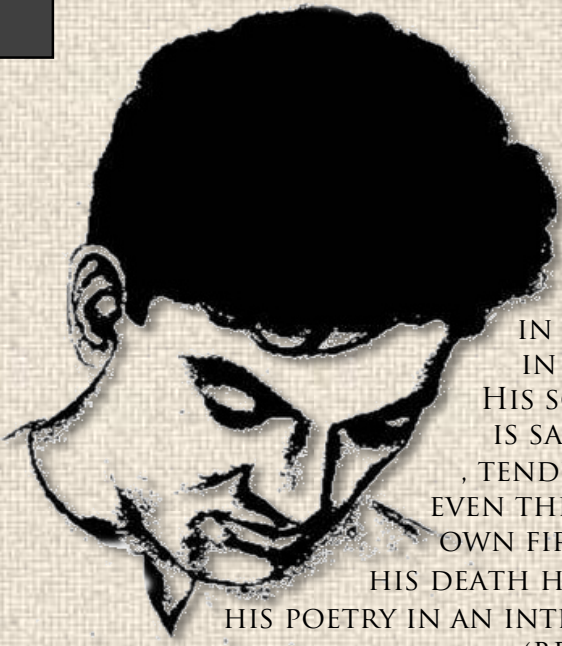


ਪੰਜਾਬੀ
ਕਵਿਤਾ





ਸ਼ਿਵ ਕੁਮਾਰ ਬਟਾਲਵੀ Shiv Kumar Batalvi



ANYBODY WHO HAS EVEN THE SLIGHTEST INTEREST IN PUNJABI LITERATURE KNOWS ABOUT SHIV KUMAR BATALVI. BORN IN OCTOBER 1937 – HE BECAME A LIVING LEGEND BEFORE THE AGE OF TWENTY FIVE. AT TWENTY EIGHT HE WAS AWARDED THE SAHITYA ACADEMY AWARD, THE HIGHEST LITERARY AWARD IN INDIA. BUT ALAS, HE DIED AT THE AGE OF THIRTY FIVE IN MAY 1973. BEHIND HIM HE LEFT A LEGACY OF POETRY. HIS SONGS HAVE ACHIEVED THE STATUS OF FOLK SONGS. IT IS SAID THAT HE EMBRACED THE WHOLE OF PUNJAB IN HIS TENDER ARMS AND HELD TIGHT THE LAND, THE TREES, AND EVEN THE THORNY CACTUS. HE SANG LIKE A PHOENIX AND HIS OWN FIRE EVENTUALLY CONSUMED HIM. THREE YEARS BEFORE HIS DEATH HE VISITED LONDON AND TALKED ABOUT HIMSELF AND HIS POETRY IN AN INTERVIEW WITH BRITISH BROADCASTING CORPORATION (BBC). IN THIS INTERVIEW, MAHENDRA KAUL ASKED HIM

How did you become a Poet?

"Poetry is not an accident. Some people think love gives birth to poetry. Others say it is sadness or frustration. My poetry had all of these. Indian life is divided into many classes. Some are lower middle-class, some are middle-class – they all have problems. All parents teach their children, or try to educate them – which is a gamble. They expect some return after about ten years. My father also thought the same. I don't know how I became a poet."

Could it be that you were hurt? Many poets wrote poetry because they were sad.

"It's nothing like this – so many women came in my life – I did not accept them. There was no shortage of love for me. Love I received from people – no other poet from Punjab ever received as much love."

Did you love any person, or even a picture in your life?

"That picture was never painted – I loved different parts of the pictures – be it hair, fingers, lips, hands or feet."

It is obvious you also wrote romantic poetry. Please recite some for us

"Yes, (smiles) I started with romantic poetry. Shall I sing?"

Yes, please

(And he sang)

ਸਾਨੂੰ ਲੱਖਾਂ ਦਾ ਤਨ ਲੱਭ ਗਿਆ
ਪਰ ਇਕ ਦਾ ਮਨ ਵੀ ਨਾ ਮਿਲਿਆ
ਕਿਆ ਲਿਖਿਆ ਕਿਸੇ ਮੁਕੱਦਰ ਸੀ
ਹੱਥਾਂ ਦੀਆਂ ਚਾਰ ਲਕੀਰਾਂ ਦਾ

ਮੈਂ ਦਾਨਸ਼ਵਰਾਂ ਸੁਣੀਦਿਆਂ ਸੰਗ
ਕਈ ਵਾਰ ਉੱਚੀ ਬੋਲ ਪਿਆ
ਕੁਝ ਮਾਣ ਸੀ ਸਾਨੂੰ ਇਸ਼ਕੇ ਦਾ
ਕੁਝ ਦਾਅਵਾ ਵੀ ਸੀ ਪੀੜਾਂ ਦਾ

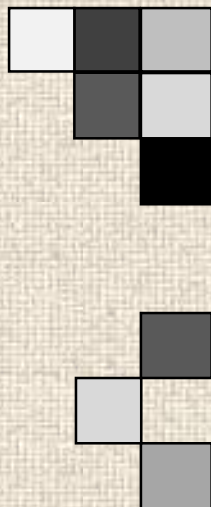
ਕੀ ਪੁੱਛਦਿਉ ਹਾਲ ਫ਼ਕੀਰਾਂ ਦਾ
ਸਾਡਾ ਨਦੀਓਂ ਵਿਛੜੇ ਨੀਰਾਂ ਦਾ
ਸਾਡਾ ਹੰਝ ਦੀ ਜੁਨੇ ਆਇਆਂ ਦਾ
ਸਾਡਾ ਦਿਲ ਜਲਿਆਂ ਦਿਲਗੀਰਾਂ ਦਾ

ਤਕਦੀਰ ਤਾਂ ਆਪਣੀ ਸੌਂਕਣ ਸੀ
ਤਦਬੀਰਾਂ ਸਾਥੋਂ ਨਾ ਹੋਈਆਂ
ਨਾ ਝੰਗ ਛੁੱਟਿਆ ਨਾ ਕੰਨ ਪਾਟੇ
ਝੁੰਡ ਲੰਘ ਗਿਆ ਇੰਜ ਹੀਰਾਂ ਦਾ

ਤੂੰ ਖੁਦ ਨੂੰ ਆਕਲ ਕਰਿੰਦਾ ਹੈਂ
ਮੈਂ ਖੁਦ ਨੂੰ ਆਸ਼ਕ ਦੱਸਦਾ ਹਾਂ
ਇਹ ਲੋਕਾਂ 'ਤੇ ਛੱਡ ਦੇਈਏ
ਕਿਨੂੰ ਮਾਣ ਨੇ ਦੌਦੇ ਪੀਰਾਂ ਦਾ ।

ਇਹ ਜਾਣਦਿਆਂ ਕੁਝ ਸ਼ੋਖ ਜਹੇ
ਰੰਗਾਂ ਦਾ ਹੀ ਨਾਂ ਤਸਵੀਰਾਂ ਹੈ
ਜਦ ਹੱਟ ਗਏ ਅਸੀਂ ਇਸ਼ਕੇ ਦੀ
ਮੁੱਲ ਕਰ ਬੈਠੇ ਤਸਵੀਰਾਂ ਦਾ

ਮੇਰੇ ਗੀਤ ਵੀ ਲੋਕ ਸੁਣੀਦੇ ਨੇ
ਨਾਲੇ ਕਾਫ਼ਰ ਆਖ ਸਦੀਦੇ ਨੇ
ਮੈਂ ਦਰਦ ਨੂੰ ਕਾਅਬਾ ਕਹਿ ਬੈਠਾ
ਰੱਬ ਨਾਂ ਰੱਖ ਬੈਠਾ ਪੀੜਾਂ ਦਾ



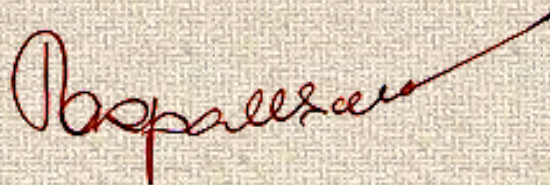
Foreword

Humans cannot survive on food alone. It needs right doses of other nutrients to function appropriately. Similarly, our mind is a small world of its own. It cannot breed in isolation. It necessitates intellectual as well as creative inputs to keep it vibrant and rejuvenated. One interesting way of maintaining a balance between the cognitive and pioneering arenas of our brains is through writing calisthenics. These exercises are the correct and pioneering arenas of our ideas and to know new people. In this modern world where most of us lead mechanical lives, "search for the self" is of perennial prominence. More than often, we lose ourselves in the mundane affairs of our day-to-day works where we have no time to stop and think, to invent and generate, to reconnoiter and to discover. Taking into consideration the significance of artistic, environmental and creative genres, Guru Nanak Dev University, Amritsar, launches its first online periodical *Pixels: The monthly e-magazine*.

Sometimes, a Shakespeare or a Dickens; a Chekov or a Rowling; Shiv Kumar Batalvi or Amrita Pritam are snoozing inside us and waiting for a slight nudge, a poke reminding us of our existence. The whole process of self-search aims at finding one's hidden forte; the competence to become something absolutely dissimilar from what one has always been. One does not get the opportunity to experience different lives in one life. I hope that *Pixels* will offer students the desired and the required break. It will make them aware of their underlying potentials.

The University's first e-magazine will mirror and give space to the diversity inherent to the on-campus academic and extra-curricular accomplishments. Its primary focus will be to cover events and notable issues on the campus, as well as writing articles, poems, stories, photographs and comic strips aimed at navigating the students' relationships with current events, popular culture, academics, and so on. The inception of an e-magazine is another step into the digital world, where we try and engage the university community by publishing their creative content regularly.

I wish *Pixels* continues to expand its reach and readership to achieve its vision of being a truly representative student publication.



Prof. Dr. Jaspal Singh Sandhu
Vice Chancellor,
Guru Nanak Dev University, Amritsar

Recent - Campus Highlights

- Ministry of Youth Affairs and Sports has sanctioned the “MYAS-GNDU Centre for Sports Sciences” (the only Centre setup by MYAS outside the Ministry) with a support of Rs. 25 Crore over five years.
- As a major initiative towards green sustainability and to reduce the financial burden, Guru Nanak Dev University, Amritsar approached Solar Corporation of India for installation of Rooftop Solar Energy Plant. Towards this, University has been allocated a Rooftop Solar Energy Plant of 3 Mega Watt capacity under Government of India’s Jawaharlal Nehru National Solar Mission (JNNSM). This project will save around 1.08 Crore per annum in electricity charges.
- To provide necessary support to researchers and academicians in order to enable them to submit the proposal to Federal Funding Agencies and for sending research papers to high impact journals, Centre for Data Analytics and Research (CDAR) has been established at the GNDU campus.
- Increased Internet Bandwidth Scheme of the GNDU campus from 10 MbPs to 1 GbPs through National Knowledge Network (NKN), Ministry of Electronic and Information Technology, Government of India has been implemented. Increased bandwidth will ensure fast and high quality internet connectivity for the students of GNDU.
- Online Admission Portals for all affiliated colleges of the University has been launched.
- A new website for Alumni Association is being launched to reach out more and more Alumni of the University throughout the country and also outside India.
- Identity cum Debit Cards for the students have been introduced in University campus for cashless transactions. POS machines installed for deposition of fees and for other usage in the Health Centre. This will help the students in carrying out cashless transactions which will go in line with Govt. of India’s initiative for Digital India.
- A dedicated email for feedback from students has been created. Students can mail their problems regarding non-conduction of lectures and any other suggestions for the better functioning of the University. Name of the student will be kept confidential and appropriate action will be taken on the concerns.

- A Psychology consultant has been appointed for providing counseling to the students as mandated by the University Grants Commission. The students can approach the consultant for any psychological need and the facility is free of cost for them.
- Induction courses for the students are being introduced.
- Setup of organogram for addressing the grievances of the students relating to mess issues, cleanliness issues and medical issues for students in hostel is set up.
- An initiative has been taken to encourage students to plant at least one plant and nurture for 6 months on the advice of LSO and the Head, Botanical and Environment Sciences. A group of volunteer students has already taken initiative for the same.
- Student-Run Clubs have been constituted in the university to promote social and extracurricular activities for students. These include Dance Club, Drama Club, Photography Club, Food and Fitness Club, Nature and Wildlife Club, Literary Club, Social Service Club, Music Club, Science Club, Movie making Club, Fine Arts Club and Go Green Club.
- A Movie Club has been established in the campus for the entertainment of students at the nominal amount. International fame company SPIC MACAY has offered to perform cultural activities in the campus without any charges.

Eminent personalities in different Committees of Campus

- A standing Committee of Vigilance has been constituted with Sh. Ashok Thakur IAS (Retd.), Former Educational Secretary, Govt. of India, Sh. Dilsher Singh Kalha, IAS (Retd.), Former Secretary, Govt. of India and Sh. Anil Kaushik, IPS (Retd.), Former DGP as members of the Committee to bring propriety and honesty in the system.
- Justice (Retd.) Rajive Bhalla of Punjab and Haryana Court has been appointed as Dean Faculty of Laws.
- Eminent personalities have been elected in the University Syndicate/Senate like Sh. R. Subrahmanyam, IAS, Additional Secretary (Empanelled as Secretary, GOI) Department of Higher Education, Ministry of Human Resource Development, Govt. of India, Sh. S. S. Johl, Chancellor, Central University of Punjab, Bathinda and former Vice Chancellor of Punjab Agricultural University and Punjab University Patiala besides being former Vice Chairman of the Planning Board of Punjab.

Contents

Poetry Section	Page No.
English	
1. The True You – <i>Arzoo Verma</i>	1
2. The Misery – <i>Nidhi Bajaj</i>	2
3. Explored a God's Charm – <i>Supreet Kaur</i>	3
4. Poetry in My Melanin – <i>Mishel Gupta</i>	4
Hindi	
1. Hoshiari – <i>Laxmi Das</i>	5
Articles Section	
1. Spirituality and Spiritualism – <i>Varinderpal</i>	6 - 12
2. Sky is The Limit – <i>Vridhi Sachdeva</i>	13
3. Single Child : A Blissful Bane – <i>Ashita Sharma</i>	14 - 16
4. Brainwash- An Attempt to Enlighten – <i>Hridoy Ranjan Saikia</i>	17 - 18
5. Stress- Does it Deserve So Much? – <i>Naazkanwar Kaur</i>	19 - 23
Visuals & Arts Section	
1. Happiness is when you can cherish small things – <i>Ashita Sharma</i>	24
2. Bloom Where You are Planted – <i>Navneet Kaur</i>	25
3. Clouds- The Only Birds that Never Sleep - <i>Rekha</i>	26
4. A Lot to Say..... – <i>Jagdeep Kaur</i>	27
5. Sketch of A School Boy– <i>Deeksha R. Lal</i>	28
6. A Flight Without Wings – <i>Navjot Kaur Sidhu</i>	29
Students' clubs at GNDU	30 - 31
Author Guidelines	32 - 34
Glimpses	

Poetry Section

The True You

Cold hands
With eyes wise,
Plunged into deep thoughts
Of those unsettled cries.
From my heart
After those creepy lies
That you told
Everyone did
Even myself.

To true me,
Of these worldly ties.
The truth I dig
Is bitter, but big,
'Recluse And recluse'.
It's your course,
Leg it...Range it....Pace it.

To that space of Trust,
(it's a delusion I know)
But clench it
The Truth of Myth
To break off
From that fetish Bourne,
Chalk-up
For you
Just for you.
Yes.....Buy it
The Triumph of your Faith in you

Aarzo Verma
M.Com. Sem-I (B)
Registration No. 2014.MJ/A718

The Misery

When you got up early one morning,
And your mirror tells you that you look like the ugliest creature born.
When you feel that your eyes are swollen,
Like you haven't slept from years.
When you feel that your lips are less beautiful than a lizard's,
And you reluctantly admit, that you have lost that innocence that once was your proud possession.

When you look at the wall clock and it says time is not right.
When you are sure about absolutely nothing
When you feel you are too short-heighted, to raise your voice or give an opinion.
And you feel that the love you once behold for several strange things is now lost.
And you feel homeless,
Coz there's no room left inside yourself for You
When you feel that u should better trim your long nails,
And you think that you were more in control when your hair were tied.

When you start feeling like the last person someone would like to hook up with
When you no more stare the sky, cause you are convinced that you can't touch it
When you forget your wish.. of flying like you own the sky
When your smile has started to mock at you every now and then.

When you feel your pain was meant to be hidden,
And now regret is there cause you don't own it anymore.
No more it kills you inside to push you for your own good.
When your own thoughts have started betraying you,
And you feel like being more than one person at a time.
But nowhere you seem to find YOU,
YOU that was happy coz YOU owned your happiness and pains.
Now YOU feel like the key is lost and you are locked somewhere INSIDE!

Nidhi Bajaj
BA.LLB(FYIC)
Registration No: 0984704

Explored a God's Charm

I wonder, if this was all planned
or just a coincidence that happened.
I still remember the first day we sat together
shook our hands who knew it was meant forever.

As small kids we fought and cried
seldom talked cheerfully still friendship shimmered bright.
People say we all live in our own worlds
in our case, these were just dumb words.
Childhood spent with a single wink
We now play with memories a hide and seek.
A great road separates us
as God's wrath over His sinners.

I see life as a sea shore
where we as a child wrote.
People say destiny rules over us,
friends come and go memories weep over us.

Destinies are magic spells by our God,
a return for deeds we did in His world.
And Friends are charms,
who prevent from all harms.

But I became a sailor in this sea,
ready to knock down the waves till we would again meet.
I sailed halfway and cheered,
As I saw you sailing too for me and wondered,
Friends are pearls that one adores.
But you are a diamond that me, as a sailor, explored!!

Supreet Kaur

Class: B. Tech. CSE (Sem: 7th)

Registration No. 2014.CA/A-392

Poetry in My Melanin

Dear dark skinned girl,
Embrace yourself for your skin is divine,
Dripping Mahogany melanin,
Created by demiurge,
You are his glorious designs,
Veiled by the night sky,
The constellations underneath your bones shine.

Reminiscent of the hot chocolate on cold winter nights,
History etched on these dark layers,
Stories of generations it recites.
Sagas of valiant people who struggled for their lands,
All placed in these brown skinned hands.

Put down the bleach!
Your skin is not dirt,
You are adored by the sun,
It loves to flirt,
With your sienna skin.

Toasted with beauty,
Elegance and grace,
Darling! Fall in love with your skin,
And don't get blinded by a glaring white face.

Mishel Gupta

Class: B. Pharmacy (2nd Year)

Registration No. 2016.BP/A.2

होशियारी

काफी कुछ सीखा हमने, ना सीखी होशियारी ।

क्या करें दोस्तों, रह गए अनाड़ी..

चाचा सीखा, ताऊ सीखा और सीखा दादी-नानी ।

इतना सब-कुछ सीखा हमने पर बनी रही नादानी ।

ना सीख पाए होशियारी, रह गए अनाड़ी..

माँ ने प्यार सिखाया, पापा के साथ कदम बढ़ाया ।

आगे बढ़ना, नाम कमाना, प्यार से रहना, प्यार सिखाना,

बुरी राह कभी मत पकड़ना,.....ये वादा निभाया..

लेकिन इन सबके बीच निकलती गयी समय की सवारी ।

रह गए हम पिछाड़ी, ना निकल पाए अगाड़ी...

काफी कुछ सीखा हमने, ना सीखी होशियारी.

क्या करें दोस्तों, रह गए अनाड़ी..

रामायण पढ़ी, महाभारत पढ़ी और पढ़े श्लोक मंत्र.

इतना सब-कुछ पढ़ा हमने, ना पढ़ पाए समय का मंत्र..

दोस्तों ने संघर्ष सिखाया, गुरुओं ने सम्मान बताया.

ये ज़मीं हमारी माता है, इस पर मर मिटना सिखाया..

इतना सब कुछ सीखा हमने पर कभी ना सीखी होशियारी.

शायद इसीलिए रह गए हम पिछाड़ी, ना निकल पाए अगाड़ी..

काफी कुछ सीखा हमने, ना सीखी होशियारी.

क्या करें दोस्तों, रह गए अनाड़ी..

जिस दिन से होश संभाला, खुद को पहचाना.

उस दिन से सीखा हमेशा प्यार से आगे निकलना..

तो फिर क्यों सीखूं मैं होशियारी?

प्यार से ही निकल जाऊंगा अगाड़ी.

देखती रह जाएगी ये दुनिया सारी.

उस दिन सलाम करेगी मुझे सबकी होशियारी.

जिस दिन बन जाऊंगा मैं खिलाड़ी.

फिर कोई नहीं पुकारेगा मुझे अनाड़ी.. जय हिन्द .. जय भारत..

लक्ष्मी दास (शोध छात्र)

वनस्पति एवं पर्यावरण विभाग

गुरु नानक देव विश्वविद्यालय, अमृतसर.

Articles Section

Spirituality and Spiritualism

In today's era, Spirituality is the essence of human life. A person devoid of spiritual awakening is more akin to an animal. His animal instincts make him an epitome of demonic powers. His mental power is concentrated on the mundane things. He hankers after the materialistic things. The present day world is the upholder of science and scientific inventions. This has created an endless void in the mind of man who, running after materialistic pursuits, neglects spiritual growth and is the least concerned about his own liberation. The way to his salvation has been blocked.

Man can be in direct communion with God if he mends his ways and understands the purpose of his existence. The soul is an indivisible part of the Supreme, the Almighty. In our original state, we all have pure love for God. We require an infusion of his divine grace to revive our memory. This will only be possible if we render our selfless services to God. Again, it is possible if we keep ourselves away from the dark room of evils. Once we are liberated from the traps of worldly evils with the grace of the Almighty, our life will shine in the Divine sun of spiritual blessing.

In the Shrimad Bhagwad Gita, Lord Krishna exhorted Arjuna to surrender himself completely to the divine –will:

**O Arjuna, surrender to me utterly.
By my grace, you'll achieve
Peace, wealth and victory**

His all-attractiveness and infinite love invites us to surrender. And when the soul responds to the promptness of Krishna's loving inspirations by surrendering to him, Krishna takes full charge of the devotee's destiny. He places that devotee directly under the care of his internal energy. Without his permission, not a hair of the devotee's head can be touched.

A child, however successful he may become, remains dependent on his mother forever. The mother is ready to sacrifice anything for her child's sake. Likewise, God is the mother of the surrendered soul. He looks after the individual without any kind of discomfort. The Lord lends him a helping hand in difficult times and embraces him when troubles overpower him. God promises this protection to all the beings who surrender to him. Spirituality teaches us the greatest gift that enables us to sustain and survive in our lives.

That is the gift of 'Hope' which comes with fluttering wings. It helps us to soar high in the sky.

Spirituality-an essence of life- All of us desire a meaningful, peaceful and joyful life. But we see a world full of chaos, misery, anxiety and fear around us. Behind every successful tale lies the core of spirituality which guides one inherently throughout the cosmic journey. It is spirituality which teaches human beings the real meaning of life and the real essence of oneness. It shows different perspectives of life. It helps you to love yourself.

There are many reasons why people are drawn to a spiritual way of life. Firstly, they find comfort and guidance in the teachings of wise thinkers and prophets. Having faith in something Bigger than us can give us the required strength in the time of trials and tribulations. Secondly, it is the orientation for a truly spiritual life, the basic requirements being loving intentions towards our fellow beings, faith in God and faith in ourselves.

Spirituality means shattering ego, submission to the will of God, the transformation of the soul and rediscovery of self. It reminds you of yourself. It acts as a link between Parmatma and Atma. It is a matter of the spirit, a concept often tied to a spiritual world and a multidimensional reality which consists of one or more deities.

Human beings are the creations of God; all people are naturally drawn to spiritual feelings and pursuits. As we mature, there comes a point in everyone's life, when the spiritual journey becomes a consciously chosen and energetically pursued enterprise. "Spirituality is opening, responding and accepting ultimate reality, i.e. Discovery of self (Atma) which alone is real"

Lotus as a symbol- The basic symbol of spirituality should be a lotus. This is essentially because a lotus grows best wherever there is dirt. Either you can resist dirt, or you can become a part of the dirt, or transform it into a wonderful blossom. That is your choice. If unpleasant things are bothering us, it is all the more important that we turn stronger, wiser and more beautiful, because we know the pain of those sufferings and that emerging victorious out of them is a big deal.

Spirituality and personal well being- While people may practice prayer and believe it affects their health, no scientific evidence supports the efficiency of prayer.

Spirituality and Stress Management- Stress not only affects our body and corrupts its natural functioning, it also affects our mind and spirit. Every day each one of us experiences stressful situations a number of times. We follow our own ways to fight them. But human endeavor to find the most effective deterrent against stress is still going on. It is so because stress still remains the major affliction of modern life. Since its complete eradication is neither possible nor desirable, we can equip ourselves to manage stress positively.

Through trial and error, modern man has found a unique stress buster-knocking at the door of the soul. When all outward sources of solace dry up, it is but natural to look within and to know and understand the nature of self and its necessities. This is a form of mental orientation, which helps us to realize our inner potential and achieve personal growth. Spirituality, or knowing oneself, the real purpose of life and one's relationship with the concept of God, is rapidly catching the attention of modern man. Various practices associated with the path of spirituality are physical exercises, concentration, meditation, and practice of positive thinking. Even norms and rituals associated with the path of spirituality have often proved to be effective stress busters. Spending some time in an undisturbed, and quiet atmosphere may soothe the nerves, make the body calm and composed and uplift the spirit. Simply meditating in private provides relaxation and gives us peace of mind. Spirituality facilitates intra-personal relationships. You come to know and assess yourself more, and try to grow as a person. Thereby, you become more adept and talented in finding solutions to problematic situations.

Spiritualism- a way of life- Knowing or Knowledge is Veda. That means man can know from the Vedas, the code of right activity and the body of right knowledge. They are the most ancient scriptures of India. Their teachings help man from birth to death. They describe his rights and duties, obligations and responsibilities in all the stages of life –as a student, a householder, a recluse and a monk. In order to understand the Vedic dicta and axioms, their meaning and purpose, the Vedanges, Puranas and epic texts appeared in due course of time. This is the reason why the ancients taught the Vedanges and other related texts, even before the pupils learnt the Vedas. This was a must in the Gurukuls, the schools of the past. In those days, rote memory was the basic means of learning the Vedas.

The master of the Vedas, who had learnt them in this manner was called Jada or Inert. In order to make this human birth worthwhile, the study of the Vedas was considered very essential. In short, it must be realized that the Vedas are a source of an eternal elixir for man and that they cover an entire range of knowledge. They are the source and spring of Bhartiya culture.

In today's world, the study of the Vedas has become a task of the economically weaker section. The people who have attained scholarships in the Vedas are using it as a commercial item that can be sold. The Vedas are often misused by them for earning pittance, rather than liberation and peace. This is the reason why Dharma is receiving a setback and anxiety and fear are spreading among men and women. The world can win back peace and harmony only when such negative and corrupt scholars of the Vedas are persuaded to practice these ideals in real life. The basis of spiritualism is the belief that spirit/soul is the essence of life and that it lives even after the body dies. Our Hindu way of life is a spiritual way of life. All of our ancient literature and books are based on spiritualism. This conviction that the soul never dies makes us live life in a more peaceful and fulfilling manner. The faith in God makes our soul perform good deeds. We start living a meaningful life rich in goodness and harmony.

Another concept through which we can understand spiritualism better is Vedanta, which is a philosophy taught by the Vedas. Its basic teaching is that our real nature is divine. God or Brahman as it is called exists in every living being. Religion is, therefore, a search for self knowledge and a search for the divine within oneself. We should not think of ourselves as needing to be saved. We are never lost. Vedanta acknowledges that there are many different approaches to God and all are valid. Any kind of spiritual practice will lead to the same state of self realization. Thus Vedanta teaches respect for all religions. But it is more important to believe in spirituality. Meanwhile, Vedanta is not in any sense of the term, a pessimistic negation of life. It is a healthy philosophy which plans the growth and happiness of man in his individual and communal living. Vedanta is a science of life. It explains the art of living. It points out to the perfect goal of existence and provides schemes and methods by which sincere seekers can easily make their pilgrimage successful. Through pure reason, we climb the path of Vedanta which ultimately enables us to differentiate between the permanent and the ephemeral, between the actual and surreal, between right and wrong in ourselves. And makes us rediscover ourselves, to be

Spiritualism- as an Industry- Every human being on this planet is attached with some super power in the form of spiritualism. In India, spiritualism is a very big industry and continues to grow by leaps and bounds. According to some estimates, this industry is worth rupees 2000 crores. Places like Haridwar, Mathura, Vrindavan etc. provide a central hub for this industry. Religious leaders and trusts are using the modern technological resources in a positive manner to spread their messages to everyone. They organize camps, distribute VCDs, books, medicines, etc. Promotions are done through satsangs and live shows on various T.V channels. The main advantage available to this industry is that most of the income is tax free and pilgrims are hungry to donate. It is also a very important source of income for many people and they are fully dependent on it for living their life.

Art, Music and spiritual consciousness- One should try to transcend and overcome ego because it acts as a stumbling block in the progress of spiritual evolution. Art and music can never attain the zenith of their expression unless they reflect the vast, the infinite, the boundless and supreme being i.e. unless they lead to spiritual consciousness. There are two aspects of beauty- the transitory and the eternal. The beauty that we perceive in the external world-the azure sky, the blossoming daffodils, the waves of the rills and the rising and the setting sun are all transitory in nature. But beyond all these transient forms, there is beauty that is complete and eternal in itself. It is beauty that is unfragmented and whole. In fact, the infinite, the eternal is always within man. It is a question of once again getting connected to the source and harnessing the inner potential. In order to understand the significance of such music and art, we need to awaken our spiritual consciousness.

On the other hand, yoga is considered as an integral tool of the vast body of the Vedic literature which covers the whole game of Indian spirituality. Yoga is a systematic science that enables us to realize our true nature and experience our union with the Divine. Yoga cures physical and mental diseases, restores and harmonizes psycho-physical balance in the human body. In fact, Yoga aims at complete development of humans and not just curing diseases. However, if one wants to be more spiritualized, they have to know proper Vedic values. First of all, it is necessary to know about the meaning of Veda. It is the source of knowledge that shows the path of spirituality, truth, honesty, etc. more value to our conduct that we should be guided by love, righteousness as well as fair justice.

For every individual, Veda is something that gives us knowledge, awareness and changes our attitude towards life. Serving others selflessly leads to real happiness in one's life. Such values can only be imbibed from the Vedas. In the Vedas, the main emphasis is given to the word OM, because in India, many experts opine to have found many good results with correct pronunciation of this word. This word helps us to get internal peace, harmony, patience, truth and a relationship with God, that comes under spiritualism. Vedic values always show the right path that should be followed in accordance with Dharma, deliberating what is right and what is wrong. Vedas spread the values to do good to the world, that is, to promote physical, spiritual and social good of ever being. Also, Vedas always, give **Spiritualism- A Pathway worth walking on-** Spiritualism means something related to the spirit –soul. In Sanskrit, it is called Adhyatmik (Adhi+Atmik-pertaining to soul) But if we want to recognize its importance, it can be said that “Spiritualism is the path that leads us to our creator”.

Many of us must have thought at some point of life “who am I?”, “what is my motive of stepping on this earth?”, “who was I before birth?” The day you give a thought to this kind of questions, you take your first step forward towards entering into a spiritual realm. And when you start searching for the answers, you start exploring the unexplored zones of your own self.

This is the time when you need a guru, your spiritual guide. Someone who has walked much ahead on this path. Remember, a Guru is not someone who mesmerizes you with miracles. That is something even a magician can do very well. A magician can bring ashes from nothing. It is merely a trick. We must realize that the laws of nature are set by ‘par-Brahma’-The Almighty God. A flower blossoming or a child taking birth are the miracles after autumn. Small seeds growing into a giant tree. Nobody can match the miracles performed by the Almighty. A Guru provides us with the knowledge of all these miraculous things and never tries to impress a crowd with magical gimmicks. If your Guru's blessings do something for you, it is the Almighty or the divine element of the almighty in your Guru, which acts. Although there are many paths-sects of religions-they all lead you to that one-The Almighty.

Be Spiritual, Be Happy-The philosophy known as spiritualism is based on the simplistic premise that man is a dual being, consisting of physical and spiritual components. The physical element disintegrates at death, but the spiritual, personality consciousness, etc. continue exactly as it was, only in another form of existence in the “Spirit-world” -the heaven.

Spiritual means divine, heavenly and aptly pertaining to the soul. One can walk down the boulevard of spirituality with discipline and perseverance. A man rich in money is nothing if he is spiritually bankrupt. Spirituality gives us the required stability and patience in life.

So, spit out the saline contents of thy heart and taste the sugar of divine life, which is nothing but sweetness. End all thy fears and limitations and come to enjoy the joyous, hopeful and unlimited existence. This is known as Vedanta, the religion of detachment. Vedanta is not merely to be read and understood, it is to be practiced, lived and meditated regularly. Be sincere and cheerful, be creative, vigilant, and alert in your devotion.

In a nutshell, Spiritual transformation of mankind can be achieved through Yoga and Vedic philosophy which can eradicate the setbacks and threats of modernization and resolve the issues left unsettled by the modern science.

Varinderpal

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Sky is the Limit

You know, sometimes you ought to take life-changing decisions on your part that influence not only yours but everyone else's lives around you. Everyone may not agree with you, but it's the way things are supposed to happen. These choices are not easy. And that you deserve a pat on the back. So don't be shy to praise yourself. A commendable job needs recognition. And I see, only you have the potential to pull it off.

There will be moments wherein you doubt the boulevard that you chose, of course self-doubt will arise, but it's absolutely okay as long as you know what lies within you. Neither do the tough times last forever, nor are any problems insolvable. Just always keep finding the solution keys to the locks that hinder your pathway and success will definitely follow! You must remember that you are the master who holds the burning desire that is needed to propel you to solve any sort of problem stone thrown at you. Just never stop believing in yourself.

You know that you have all the caliber that it takes to complete this task and of course, whatever task that comes your way. Overcoming all your hurdles with your mental strength is what you have to exercise every day and every hour. I strongly believe in you and it's time you do so too. Whenever you feel like something is lacking in you or that you won't be able to emerge successful, just think of the times that have led you to this.

Only you know what lies inside of you, and no one else can harness your power better than yourself. So it's time to switch on your Nitro mode and show the world what you are actually made up of! I guarantee you that once you recognize yourself worth, no power on this earth can shatter you. You have all what it takes to be an invincible and unstoppable force. You are meant for greatness. Just don't let anyone ever take that away from you. You are a warrior and sky is your limit. Go conquer the world. It's all yours to win!

Vridhi Sachdeva

B. Pharmacy

Single Child: A Blissful Bane

With the progression of society, changes in social outlook and rise in economic instabilities, families are moving towards the concept of single child. A girl or a boy, parents are happy to nurture the only child and give him the best of everything. Quality education to entertainment, healthy living to surplus parental attention; a single child gets it all. In general, the single child grows up as a responsible, sincere, strong and independent personality. He can manage practically everything on his own. As they have received best of education and best of facilities, they are generally bright and intellectual beings. But, in spite of all the wonderful blessings, the psychological problems associated with single child are no less. The problems associated with the single child in China are also labeled as “*Little Emperor Syndrome*”. Very rightly coined, this is how single child feels inside about himself. The problems faced by single child take different faces in different stages of growth and development.

PROBLEMS IN LATE CHILDHOOD AND EARLY TEENAGE

- **Lack of Sharing Attitude:** Since birth, they own everything. They do not know how to share toys, food, clothes or the love and affection of parents. They imbibe jealousy easily when they see others using their stuff.
- **Inability to Cater Fights:** Fights are just part of life, even after biggest fights we stay together as a family, this is what siblings teach. But, for single child fight is end of everything. They cannot handle conflicts and fights with friends easily; it leaves them deeply pained and hurt.
- **Inability to Deal with Healthy Competition:** Cherishing success of siblings and working hard on our own path is how we learn healthy competition at home. But, if a child is the only star at home, he can never learn the term “healthy competition.” To him, anyone who succeeds in front of him is taking his reign.
- **Lack of Compassion:** The child is always cared and protected by elders, never come across with anyone to whom he has to care about. It takes tough time and effort for such child to learn compassion.
- **Inability to Accept Opinions:** Single child is always pampered by the parents and his opinions are appreciated no matter what he says. Thus, it becomes really difficult for him to accept others opinions as since birth he was always right.

- **Over Protected:** For single child even parents are always more concerned. The pampering and protection is generally beyond the acceptable limits, making parents insecure about everything and not giving much exposure to the child. Parents of single child are worried about his friends circle more the required. They may not even let him go to school trips, parties, etc.
- **People Pleaser:** A single child since childhood gets emotionally dependent upon the friends. He can go out of the way to please the friends to keep them around them. He fears that if he won't please his friends, they would leave him and he would be lonely like ever.
- **Introvert:** In most of the cases, single child is generally not very outgoing. He doesn't feel very comfortable in crowds. He may not interact easily with the group.

PROBLEMS IN LATE TEENAGE AND ADULTHOOD

- **Feel Watched All the Time:** Single teenager feels more responsible about everything he does, he is more bothered about what would society think about him as he is always watched by parents. A single mistake makes him nervous and anxious about the social judgment.
- **Miss the Idea of Sibling:** Single teenager is more prone to fall into emotional relationships as they miss the idea of having a sibling and unknowingly they search for the bond everywhere and with everyone.
- **Anxiety over Ageing Parents:** Single teenager is generally more responsible towards the parents and is always anxious about their health. He is always concerned about them and his decisions of life are based on this.
- **Sub-conscious Bitterness:** As the life passes, and only child had to make certain decisions/choices based on the only child status and he develops a subconscious bitterness because of this. A child may give up a bright career abroad because he feels more responsible towards parents or he may give up a wonderful relationship thinking his parents may not like it. Or a girl child may choose to not get married so as to protect ailing parents.
- **Repressed Anger:** Most of the time, single child when has grown up doesn't express anger fearing that he may upset his parents and the anger is mostly repressed inside his mind affects his psychology even more.

- **Sub-conscious Parental Pressure:** Parents may or may not force their desires on the child but the single child is always feeling the pressure to live up to their expectations.
- **Social Judgment:** Society is always judgmental towards single child. His every reaction, every behavior is related to his only child upbringing.

Indeed, the single child gets all the attention and best of everything, thus turns out to be strong independent person but the problems he faces cause serious psychological damage to his personality. Often, such children are found struggling with depressive disorders during mid life. The problems associated with mid life crises affect more the person who is single child. Ask a grown up single child, he would never support the idea of single child. They feel lonely and look for solace inside but still are always seeking solitude because it isn't easy for them to share their feelings with everyone. Raising a single child needs a lot of wisdom on the part of parents so that the balance is maintained in all spheres. Parents need to be very cautious to not let him feel that he is their only hope. Also, parents should understand a single child needs to face the world alone more than anyone else, so they shouldn't be overly protective towards him. It is blissful to be the centre of attention all the time but the bane follows as life progresses.

Dr. Ashita Sharma

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BRAINWASH - An attempt to enlighten!!

When had you last heard the melodious chirping of birds, or had seen a polychromatic rainbow in the sky, or a beautiful butterfly hovering over a flower for extracting nectar? Well, I really don't remember hearing or seeing any of these for may be a decade or so because such activities were only frequent before that. But now they seem to be a thing of the bygone era. Blame it on the environment or climate change, but if you try and trace the root cause of it, then definitely it is us, **you** and **me**, who are responsible for all this menace occurring around us. Yes, I am talking about none other than the global warming and the consequent climatic change, which is globally more popularly known as the 21st century disease.

For a long time now, the deterioration of the environment has been a cause of concern for the entire planet. It seems to be an extended form of global warming, which basically refers to an increase in the average global temperatures accelerated due to irreversible human activities and increased emission of gases into the atmosphere subsequently leading to this phenomenon. Nature has been selflessly nurturing mankind since its birth, but what are we giving it back in return? Degrading the environment in every possible manner and making it worse day by day.

India is greatly affected by this grave environmental scenario with its capital, New Delhi being declared as one of the world's most polluted cities in the world with atmospheric conditions that are unfit for human survival. It has the highest concentration of various poisonous gases and harmful pollutants. Who is to be blamed for all this? Obviously it is us. We don't seem to realize that its mankind who is going to be the sufferer at the end. The rate at which we are poisoning the atmosphere, polluting it with noxious gases, cutting down our trees and killing our animals, there is certainly no way we can escape out of this and disasters are bound to occur as a consequence of all this and which we are already facing in the form of frequent unpredictable floods, cyclones, tsunamis and various other phenomena which damage the entire community in a geographical area, thus, affecting thousands of innocent lives.

Neither any country has been left out nor any citizen has been untouched by the constantly changing environment. With the rapid industrialization and development of the countries progressing by leaps and bounds, there has to be a certain limit where the saturation point of this exploitation arises. But man seems to be utterly blindfolded by his developments to even realize its after effects.

With the growing concern for environmental problems, it is of paramount importance to develop sustainable development practices so that the future generations can reap the benefits of nature without any compromise. This can indeed be called as the need of the hour to protect and preserve Mother Earth. It should always be borne in mind that we have not inherited the earth from our ancestors but rather borrowed it from our future generations. The irony lies in the fact that even after knowing that human beings have no other resort apart from this planet, they tend to be the least bothered about it and are continuing with their detrimental deeds at the same pace.

The state animal of Assam, the one-horned rhino is apparently becoming a threatened species lately. All this is happening because of the illegal poaching and killing of this vulnerable animal by humans for their selfish needs and monetary gains. Although, Kaziranga national park, one of the biggest National Parks in India, which is famous for this species, has been declared a world heritage site just like the Taj Mahal, but here also, the rate of deforestation and killing of animals is no less than any other place. If this continues, we are sure to drag this animal to extinction just like that of the Passenger pigeons and Dodos. This is just an example of the many anthropogenic activities which are leading to the devastation of the ecosystem and hence the environment.

Therefore, it is not just the duty of the government to formulate and apply rules for environmental protection, but is a fundamental duty of each one of us to take steps to improve the health of the environment and protect both our natural as well as cultural heritage. It's high time we realized the importance of environmental protection. Necessary steps at the individual level should be undertaken and preservation of our natural resources should be the ultimate goal. So, better wake up before it is too late or else the least we can do is to hope for the best but be prepared for the worst. Lastly, someone has truly said, **“When the last tree will be cut down; When the last fish would be caught; When the last river would dry up; It is only then we people will realize that, Money can't be eaten!!”**

Hridoy Ranjan Saikia

Research Scholar

Department of Botanical and Environmental Sciences

STRESS- DOES IT DESERVE SO MUCH STRESS?

WHAT IS THE FUSS ALL ABOUT?

STRESS- A small word with dire consequences has become a major cause of worry in the corporate world.

Corporate professionals are the ones who are most familiar with this word. They are its victims. Consider the case of Parmod, a 35 year old married man, working as a manager of one of the most favorite coffee chains in India- Café Coffee Day. He committed suicide as he was not given promotion even after 11 years of hard work in the organization. He always got false promises or high targets by the top management instead of getting his dues.. In such a situation, death seemed a more lucrative option to him. In this case too, the same little word was at play. It's not the only example. There are myriad instances of such kind that highlight stress as one of the devils of the corporate world. Before proceeding further, it is to be analyzed that why does stress overpower all other emotions? Why it shatters down the emotional and mental well being of a person?

WHY STRESS IS SO STRESSED UPON?

Workplace stress has grabbed attention all over the world. People are easily falling prey to it. It leads to various psychological problems, mental illness and behavioural issues; all of which pose great challenges for the functioning of a sound mind. "Stress" can actually be used as a term to describe the gap between expectations and reality money-grubbing people tend to walk along this incessant path and end up getting stuck in between. See how a small five letter word has again proved that words are mightier than sword. It has claimed more lives than a destructive weapon would have taken.



COMMON REASONS OF STRESS:

Though believed that peace and tranquility lies within but one cannot ignore the routine stresses disrupting the serenity of a mind. people seem to suffer through various stresses of job insecurity, tough working conditions, setting of unachievable targets, competition pressures as they see themselves as a part of this endless rat race wanting to be at the pinnacle and also concerns over personal appearances and judgements of other people. These are written in an organized manner in the textbooks relating to stress management and only look good there. No doubt, these forces are functioning too but these are actually the lines of defense that the corporate people have devised deliberately to shift the blame for the causation of stress.

THE ANSWER LIES WITHIN

The actual cause of stress is 'us'. We ourselves are the causes of stress. We are the ones who make stress mighty. We surrender to its domination. We all have a habit of seeking validation of our performance from others. We are not sure about ourselves. We believe that others are a better judge of us. Other people know better about ourselves than we do. **Sarahah app trending nowadays is one such exemplar that shows how desperate are people to seek others opinion about themselves.** Positive comments will inflate the ego and the negative ones will lead to stress, anxiety and depression.

When faced with criticism we become strong believers in ‘kuch toh log kahenge, logo ka kaam hai kehna’ that basically means people will say one thing or the other no matter what you do. On the other hand, we seek the opinion of the same ‘people’ to feel flattered. We all have hypocrisy embedded in us. As quoted by Spiderman,” With great power comes great responsibility” but he forgot to include the word “stress” too which is strongly associated with great responsibilities nowadays. A superior feels insecure when a junior performs well. Even when a person reaches at the peak of his career, he doesn’t feel contented. He is indulged in justifying his worth as a holder of that position. **There is also a short film titled ‘Born Free’ that portrays this situation congruously. The main lead of the film (played by Sumeet Vyas) is a hard working professional having bright career prospects. He worked day and night on a presentation for the product launch of his company. But he falls prey to the tactics of his Janus faced boss who wants to get credit of the fruit of his labor. In spite of being at a higher position, he feels insecure when his junior does good work. Thus he himself sows the seeds of stress. This film vividly describes the reality of the corporate world.** Not only the superiors, even best of friends become enemies when one of them outshines others. CEOs are panic stricken whenever the competitor comes in with a new strategy. Insecure employers create worse situations for the well performing employees and employ such tactics that force them to leave the organization. Thus they are the hidden flag bearers of stress.

REVELATION OF THE STUDIES

Employees who report often being bothered by excessive pressure on the job

Senior manager/Executive.....	48%
Mid-level manager.....	38%
First-line supervisor.....	42%
Professional/Non-manager.....	34%
Administrative/Clerical.....	36%
Laborer/Manual worker.....	38%

Source:
 "Perspectives: Taming Workplace Stress," Towers Watson, <http://www.towerswatson.com/en/Insights/IC-Types/Ad-hoc-Point-of-View/Perspectives/2013/Perspectives-Managing-Workplace-Stress>

According to a report by the American Institute of Stress-

- 80% of the workers feel stress on the job.
- 25% view their jobs as the number one stressor in their lives.
- 25% have felt like screaming or shouting because of job stress.
- 14% of respondents had felt like striking a co-worker.
- 40% of workers reported their job was very or extremely stressful.

These figures show an alarming position of the deteriorating emotional health of the corporate workers. Studies have also revealed that corporate professionals majorly are the writers and readers of the various self help books, spiritual texts as well as stress management books. They are creators as well as the escapers of the vicious circle originated from stress. The above discussion shows the existence of this phenomenon.

Now the question arises how to cope with the stress?

Consider the case of Vishal Sikka, the ex CEO of Infosys. For those who don't know, he resigned from his coveted position. Therefore I have addressed him as ex CEO. He mentioned in his resignation letter that it was becoming "difficult for him to deal with continuous allegations and continuous noise around the same things." In short, in his case too, stress played as a background score that compelled him to step down from his position. It is his way of dealing with the stress. Has he done the right thing? What would you have been done in a similar situation?

UNLEASHING THE NOT-SO-COMMON SOLUTION

You all must be well aware of the general methods that are adopted to cope with the stress. Many experienced people are out there to teach meditation, yoga and various other techniques of relaxation. I will not beat about these as they are already known and practiced.

I don't want to be preachy but what am going to say will sound like it a bit. Obviously if the cause is "us" then the remedy also lies with us. Someone has rightly said **'it's not the load that breaks you down, it's the way you carry it.'**

- Introspect to identify and remove the disturbing factors that aggravate stress and lead to anxiety and depression.
- Work environment needs to be redefined. Make the physical setup of the workplace creative and attractive. Paint the walls with bright colors and make the place inviting for the employees to stay.

Google has provided slides along with stairs to go from one floor to the next. It creates a fun moment for their employees in their daily routine.

Facebook has also done a bit for creating a fun element for its employees. It has a video game room where the employees can play and relax.

- Working hours should be reduced to enable the employees make a work life balance. Recognize the fact that they have not come to this planet only to achieve targets and profits.
- People at higher positions- this advice is for you. Try to make a collaborative environment rather than a competitive one. Make the working experience a joy ride. Don't evaluate an employee in relation to his peers. Accept the fact that each one is unique. Encourage them to be the improved version of themselves.

Mark Zuckerberg has been voted as the most popular CEO. 99% people have voted in his favor. So what makes him a successful boss?

His subordinates say that he is humble and transparent. He treats other people with respect. He is himself with everyone.

Do you have any of these traits? I am sure; you have some of them, if not all.

- All that glitters is not gold- believe in it. Don't judge an employee by the way he/she looks. Assess them in terms of their character and contribution in the organization.
- Lend your ear for catharsis of your peers.
- Be the catalysts of change and facilitate each other's growth.

Let's prove this phenomenon wrong. Let's just accept our flaws. Let's be sure of our capabilities. Let's not give power to anyone else to destroy our mental peace. Let's just stop being victims. Let's make stress the victim of our vim and vigor. Let's make it surrender to faith- faith in supreme, faith in ourselves.

Naazkanwar Kaur

Class: M.Com (Sem-III)

Happiness is When You can Cherish Small Things in Life



Dr. Ashita Sharma

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Bloom Where You are Planted ☺☺☺☺



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Clouds.... The Only Birds that Never Sleep

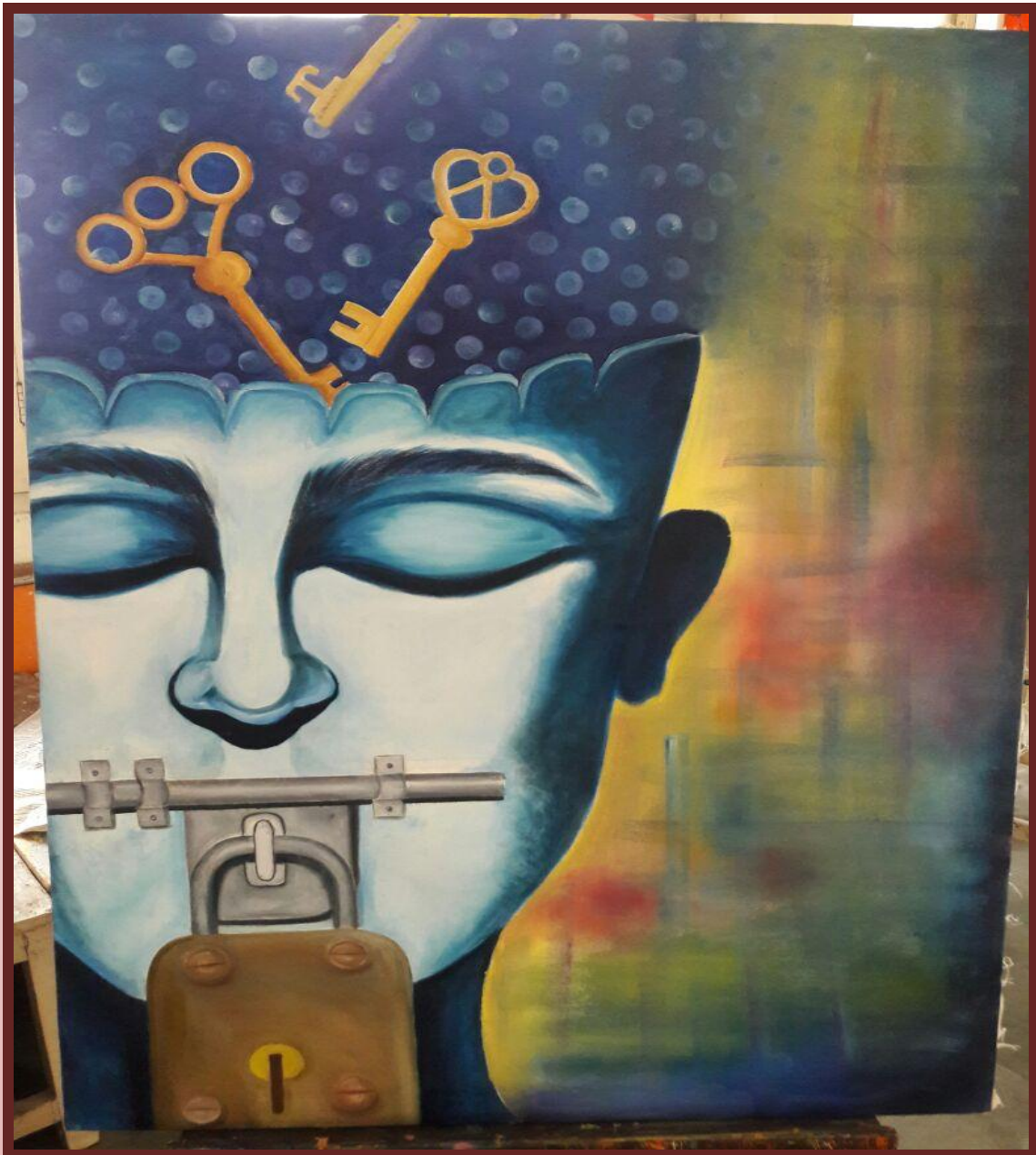


Rekha

Research Scholar

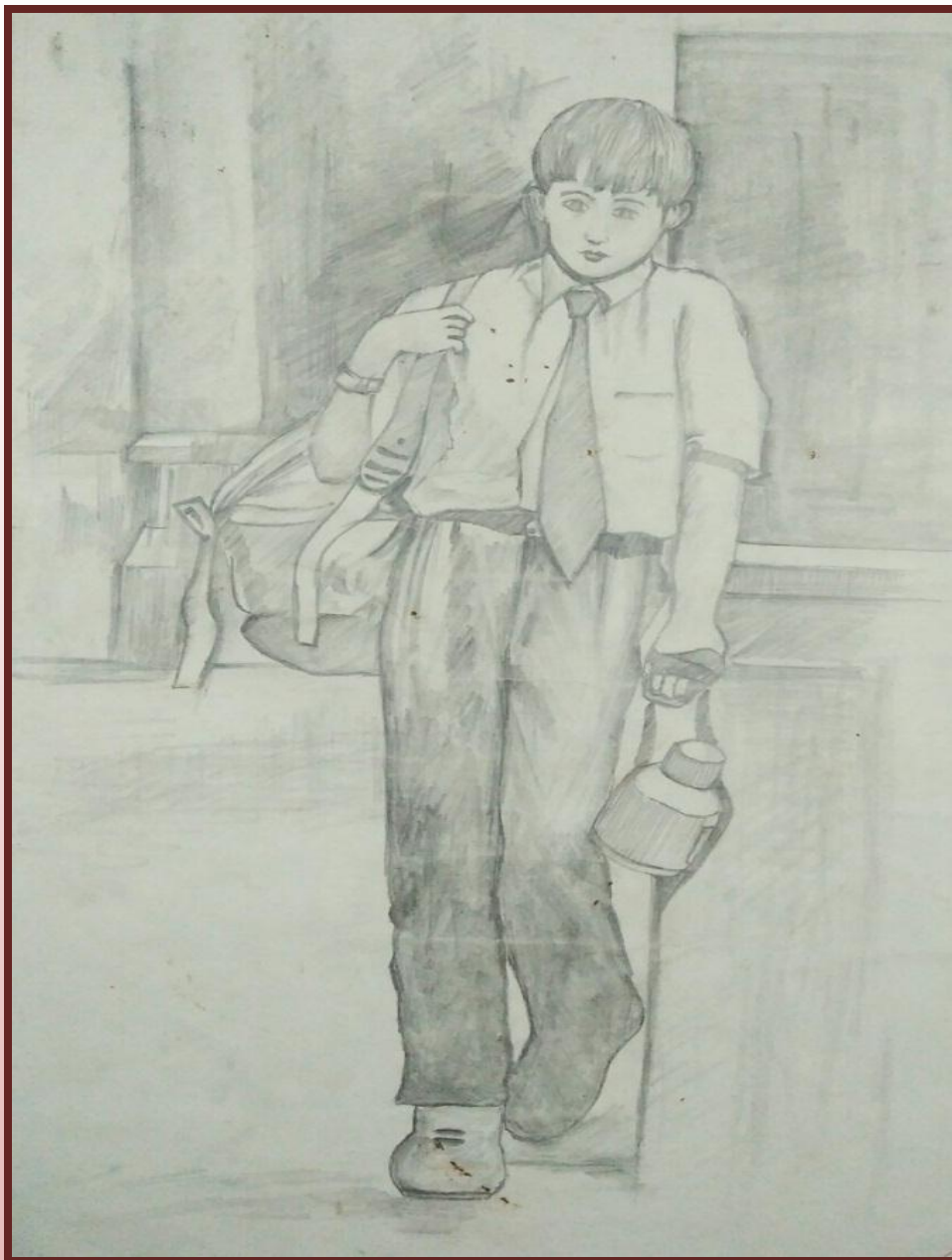
Department of Botanical and Environment Sciences

A Lot to Say
(Artists are People Driven by the Tension between the Desire to Communicate
and the Desire to Hide)



Jagdeep Kaur (Alumnus)
B.Tech. (Alcohol and Sugar Technology)

Sketch of a School Boy



Deeksha R. Lal

M.Sc. 2016 MBB 104

Department of Molecular Biology and Biochemistry

Flight without Wings

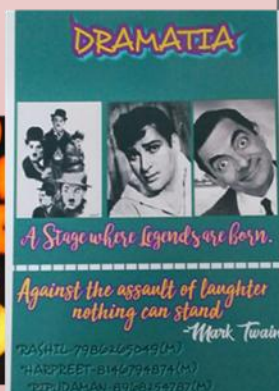


Navjot Kaur Sidhu

M. Sc. (Botany) Sem-I (2014.K/A.834)

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Students' Activity Clubs



Author Guidelines

Author Guidelines

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.









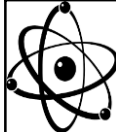



Hindi Stories, Essays, Poems/Ghazals.

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.

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