

A Biochemist from Amritsar -

Sahib Singh Sokhey





Major General Sahib Singh Sokhey (15 December 1887 – 24 October 1971), a biochemist, a British Indian Army general, a military physician and a member of Parliament, was born in Amritsar, Punjab to a civil engineer, Sardar Jwala Singh Sokhey.

Sahib Singh was a brilliant student and he completed his initial studies in Lahore at Central Medical School. In 1905, he took an honours degree in physics and chemistry from the University of Punjab. In 1907, he went to the University of Edinburgh where he completed his MBBS. He later pursued an MA in economics at Edinburgh in 1912.

In 1913, Sahib Singh topped the Indian Medical Service(IMS) examination, after which he was commissioned a lieutenant in the IMS. In 1923, Sahib Singh went to Harvard University on a Rockefeller Fellowship to study clinical biochemistry under noted American biochemist Otto Folin. He completed an MD from Edinburgh in 1925 and also conducted research on nutrition at Trinity College, Cambridge under the distinguished biochemist Frederick Gowland Hopkins.

Sahib Singh returned to India in mid-1925 and worked as an assistant director at the Haffkine Institute in Mumbai. There he researched extensively on biochemistry of coeliac disease. In 1949, General Sokhey retired from the directorship of the Haffkine Institute. Later on, Sahib Singh worked as an Assistant Director General in the World Health Organization (WHO). On his return to India in 1952, he was nominated to the Rajya Sabha, the upper house of Parliament.

In 1953–54, Sahib Singh built a large public-sector pharmaceutical plant in India, Indian Drugs and Pharmaceuticals Limited(IDPL) with the assistance of Soviet officials. Sahib Singh also chaired the All-India Peace Council and the Pharmaceutical and Drugs Committee of the CSIR. Sahib died at his New Delhi residence on 24 October 1971, aged 83.



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## **Campus Highlights**

#### May, 2018

- Guru Nanak Dev University (GNDU) and Punjab Heritage & Tourism Promotion Board (PHTPB) inked a Memorandum of Understanding (MoU) on May 1, 2018 regarding giving huge boost to the tourism sector in Punjab.
- GNDU and Punjab Remote Sensing Centre (PRSC), Ludhiana signed an MoU on cooperation in the field of Geospatial Technologies on May 3, 2018. The MoU was signed to ensure interaction between GNDU and PRSC for Academic, Research exchange programs, consultancy services and solutions at state, national and international level in the field of Geospatial Technologies.
- A Seven-Day workshop on "National Workshop on Animal Cell Culture" was inaugurated at the Faculty Development Centre (UGC- Human Resource Development Centre) of GNDU on May 8, 2018.
- 48th Annual Sports Prize Distribution Function for the year 2017 ~ 2018 was held on May 11, 2018 in the Dashmesh Auditorium of GNDU. On this occasion, the University honored its 700 outstanding players who brought laurels to the University in various sports disciplines at the International, National and All India Inter-Varsity levels here today with cash prizes worth Rs. 2 Crore and trophies. Sh. Rahul Bhatnagar, IAS, Secretary Sports, Ministry of Youth Affairs & Sports, Government of India was the chief guest of the event.
- A seven days workshop on Data Analytics and Modeling (using AMOS, SmartPLS and ADANCO) was inaugurated in the GNDU on May 14, 2018. The workshop on the business modeling hosted participants from different parts of the country like West Bengal, Rajasthan, Himachal Pradesh, Uttrakhand, Jammu and even from the neighbouring country, Nepal.
- A basic life support skill and CPR (Cardio Pulmonary Resuscitation) workshop was organized on May 15, 2018. The primary objective of the workshop was to impart training to the administrative officers and officials in providing immediate first-aid in critical situations and emergency. Dr. Raman Chatrath (MD), Anaesthetist conducted the seminar-cum-workshop for the university employees along with his team.

• Guru Nanak Dev University (GNDU) conducted the 44<sup>th</sup> Annual Convocation. Hon'ble Minister of Human Resource Development, Government of India, Sh. Prakash Javadekar while delivering his convocation address told that an Incubation Centre would be established in the University Campus to cater to the needs of New Startup Companies." He held that lack of opportunities and a guiding hand to the new ideas and thoughts result in the brain drain and many students preferred to move abroad. By establishing this centre the requirements of students and the region will be kept in mind to encourage new startup companies.

#### June, 2018

- Department of Botanical & Environmental sciences of GNDU in collaboration with Punjab State Council for Science & Technology (PSCST), Chandigarh; Central Institute of Plastic Engineering & Technology (CIPET), Amritsar and SDSG (NGO) celebrated the World Environment Day on June 4, 2018 in the University campus. The program mainly stressed on "BEAT PLASTIC POLLUTION". Around 100 students, research fellows and faculty members of the above institutes were present in the seminar.
- Considering the demands of outsiders other than the students, GNDU has offered membership of swimming pool. International level Swimming pool available at the university campus has separate facilities for training, diving and competition. Membership form can be retrieved via official university website at gndu.ac.in. There are total three pools in the swimming pool complex, one of which is International Standard Olympic sized, the second one is 25 X 12.5 meters, especially made for the beginners. The third pool is specially constructed for diving. The membership fees for the students of the University Campus, constituent and its affiliated Colleges per person for one session with one hour a day is Rs.2500/~. For faculty members, employees and their dependent children and ex~ employees of the university campus and affiliated Colleges, the fee will be Rs.3000/~. For Outsider children, the amount is 6000/~ per head and for the Outsider Adults the amount is 11000/~ per head whereas, for daily guests' membership, the amount is Rs.300 each for one hour. The monthly charges for outsiders amount to 3000/~ per head and for the students the amount is Rs.700.
- A one month Induction Training Programme for newly recruited faculty was concluded at the UGC-Human Resource Development Centre of GNDU on June 16, 2018. This maiden Programme was conducted under the aegis of Faculty Development Centre, which has been established in the University under the PMMMNMTT (Pundit Madan Mohan Malaviya National Mission on Teachers and Teaching). As many as 30 newly recruited faculty members from Punjab and its neighbouring states participated in it.

- A three-week Refresher Course in Punjabi Language & Literature was inaugurated at the UGC-Human Resource Development Centre of GNDU on June 18, 2018. As many as 30 teachers of Punjabi language from the institutes of higher education in Punjab participated in the Refresher course.
- There was a heavy rush for admission seekers in B. Tech courses at GNDU. A three day Centralized counseling for B. Tech. courses on the basis of All India Rank JEE (Main) 2018 was started at GNDU main campus on June 18, 2018 which received a tremendous response. Admissions for various courses including Computer Science Engineering (CSE), Electronics Communication Engineering (ECE), Food Technology, Civil Engineering and Mechanical Engineering were carried out.
- MBA students of GNDU got jobs with internationally renowned Indian multinational companies like Axis Bank, HDFC Bank and Vardhman. Highest salary was offered by Amazon to 4 MBA students. Other companies which selected MBA students include IOL Chemicals, Jaro Education, Vardhman, Decathlon, Deals Dray and Value Creative.
- To mark the 4<sup>th</sup> anniversary of International Yoga day, GNDU organized a yoga event on June 21, 2018, in which students, teachers and non-teaching officials from the University actively participated. The event was marked by the presence of Mr. Sandeep Kumar who is currently the President of Bhartiya Yog Sansthan, Amritsar District West and has been practicing yoga for last 10 years.
- The Lifelong Learning Department of GNDU started courses for girls during the session 2018-19 in the University campus with the objective of training the candidates for self-employment. The courses include one-year certificate course in dress designing, cutting and tailoring; one-year diploma in fashion designing; one-year diploma in fashion and textile design; one-year diploma in cosmetology; one-year diploma in computer applications; and (for boys and girls) six-month certificate course in web designing; six-month certificate course in English speaking and communication skills.

#### July, 2018

• A three-day Capacity Building Training Programme on Punjab Energy Conservation Building Code was inaugurated on July 4, 2018 at Guru Nanak Dev University (GNDU).

The program was organized by Saakaar Foundation, Chandigarh and VKe: Environmental, Pune in collaboration with Department of Architecture of the University and supported by United Nations Development Programme, Bureau of Energy Efficiency (BEE), Punjab Energy Development Agency (PEDA) and Global Environment Fund.

- GNDU is the pioneer University of Northern India in the field of Academics, Culture and Sports. On July 13, 2018, an initiative was taken to establish a World Class fully Air Conditioned Physical Fitness Centre (Gym) with highly modern machines with approximate cost of Rupees One Crore covering an area of 3000 sqft in the university campus. The main objective of the fitness centre is to encourage students to be health conscious, physically fit along with their studies. The Gym is housed in the building of the Dean Students Welfare of the University.
- Senior officials from Tata Consultancy Services (TCS) visited GNDU on July 16, 2018 to conduct Pre-Placement Talk for TCS Digital Hiring campus placement drive. Mr. Kartik Subramaniam, Regional RMG Head for North India ~ TCS, New Delhi, Mr. Amit Jauhari, TAG Head ~ India North and Mr. Sumit Kumar Yadav ~ Solution Designer, Cyber Security were in the team. The TCS is offering an attractive package of Rs.7 Lakh Per Annum to University students under Digital Hiring campus drive.
- Guru Nanak Dev University, Amritsar Alumni Association, which came into existence only ten years ago, has been alluded to the old students of the University. Manjit Singh Nijjar, Vice President, Association of Overseas said that in Canada's British Columbia Province BC Chapter has been formed. Meanwhile, about 35 alumni of the University participated and expressed their views. S. Nijjar said that the association's attempts would be to ensure that more and more ex-students should be linked to University so that they could make a contribution to the University's overall development. He said that the purpose of this association would also be to ensure that the students receiving education in the University have a bright future for which they also provide scholarships, foreign education and other development pathways.
- Dr. Vivek Sharma from Foundation for Innovation and Technology Transfer (FITT), IIT, Delhi visited GNDU campus on July 24, 2018 in relation to sensitization regarding Biotechnology Ignition Grant (BIG) from Biotechnology Industry Research Assistance Council (BIRAC). Dr. Sharma informed the faculty members as well as research scholars about the above bi-annual grant up to Rs.50 lakhs for innovative research projects with commercialization potential. The grant is open for both companies and individuals.

• On July 31, 2018, Syndicate approved the decision to establish the National Academic Depository (NAD) Cell at GNDU. NAD is a 24X7 online storehouse of all academic awards viz. certificates, diplomas, degrees, mark-sheets etc. duly digitized and lodged by academic institutions/ boards/eligibility assessment bodies. The University has also decided to provide space for PhD Chamber Office in the University campus which will allow focused engagement between the Chamber and the University. The University will open Souvenir Shop in the Facilitation Centre. In this shop, different items like T-Shirts, Hand Bags, Tea Mugs and other stationary items with University logo at very marginal rates on 'No Profit No Loss' basis will be provided. Similarly, new courses in the field of agriculture which have a component of skill development to make the youth of the region employable will be started.

#### August, 2018

- A Guest Lecture on 'Requisite to be a CHEF' was organized at the Department of Tourism & Hotel Management of the Guru Nanak Dev University (GNDU). Eminent Chef, Mr. Jaswinder Singh from Panjab University, Chandigarh delivered the lecture. He said that the Indians are forgetting their culture and food and moving towards western culture. Punjabi cuisine is becoming a nightmare.
- The 'Society of Human Genetics' of the Department of Human Genetics of GNDU organized a lecture on "Biological Aspects of Attention Control and Dementia". The lecture was delivered by Dr. Sandeepa Sur, Postdoctoral fellow in Johns Hopkins University, Baltimore, USA. Dr. Sur shared her extensive research work on attention control, dementia and how ageing deteriorates attention control. Dr. Sur is an alumnus of the Department of Human Genetics of GNDU of 2001 batch.
- GNDU and National Botanical Research Institution (NBRI), Lucknow in a significant development joined hands together with the aim to develop a Centre of Excellence to ensure the comprehensive and sustainable growth of agriculture and horticulture in Punjab. The agreement seeks to establish cooperation between NBRI and GNDU for synergetic collaboration in a resource sharing and knowledge sharing environment in the field of agriculture, horticulture, landscaping, Botanical sciences, exchange of plants and various research activities.

- A basic life support skill and CPR (Cardio Pulmonary Resuscitation) workshop was organized by GNDU in the Chemistry Department of the University. The primary objective of the workshop was to impart training to the administrative officers and officials in providing immediate first aid in critical situations and emergency. Dr. Raman Chatrath (MD) Anaesthetist conducted the seminar-cum-workshop for the university employees along with his team.
- GNDU Social Service Club contributed for Kerala Calamity as last year natural disasters in Kerala resulted in great loss to human life and property. The Social Service Club of the University collected the consumption items and about Rs. 50,000/~ cash through door-to-door collection from the residents of the University campus. This collection was handed over to famous NGO Khalsa Aid, which is working and extending support in Kerala. The club in charge said that the social welfare and such activities are encouraged by the club so that the students can be made sensitive to humanity.

#### September, 2018

- Guru Nanak studies department of Guru Nanak Dev University organised a seminar on road safety in the auditorium of Sri Guru Granth Sahib studies centre. The event was organised on the direction of shri S.S. Shrivastava, Commissioner, Amritsar to educate youth about the road safety. Mr Dilbagh Singh, ADCP traffic; Sub Inspector, Paramjit Singh; head constable, Kawaljeet Singh spoke on various aspects of road safety on the occasion.
- A special lecture on Drug abuse and healthy heart was organized by GNDU in collaboration with the 'Fortis Escorts Hospital'. The lecture was held to commemorate the teachings of Bhai Ghanaiya ji, who is the epitome of dedication and commitment towards serving the mankind. Dr. P.D. Garg (Professor and Head, Department of Psychiatry, Government Medical College) was the eminent speaker, who enlightened the students about the problems related to drugs.
- A one-week short term Course on Research Methodology was inaugurated at the UGC-Human Resource Development Centre of GNDU. As many as 47 University and Colleges

Teachers including budding Research Scholars from various parts of the country participated.

- A cultural event "Club Feveria" was organised by the various Student Activity Clubs of GNDU at A1 House of the University. Several Student artists gave performances in Music, Dance, Theatre and cultural items. The aim of the event was to know the clubs and activities, so that the students become the members of clubs of their choice.
- Dr. Bharat Desai, an eminent Professor from Jawaharlal Nehru University delivered a special lecture at the Department of Political Science of Guru Nanak Dev University (GNDU). "If India were to emerge as 'Vishwa Guru' at global level than it must position itself on the global high table by reclaiming position for Asian, African and Latin American nations together and it must work for being acceptable to most of the nations of the world" said Prof. Bharat Desai.
- Department of Pharmaceutical Sciences of GNDU in subsequence to the vision of International Pharmaceutical Federation (FIP) organised the World Pharmacists Day-2018. The global theme of this year's celebration was "Pharmacists are your medicines experts". On this occasion, the invited guest was Sh. Samay Bhatnagar, Head University Relations, Internshala, Gurugram, Haryana.

#### October, 2018

- Guru Nanak Dev University (GNDU) and Internshala, Gurugram signed a Memorandum of Understanding (MoU) for creating more Internship opportunities for the students. Internshala is one of the India's leading internship and training platforms which provides timely information about options and opportunities in diverse range of fields like engineering, management, law, science, design, architecture etc. The MoU will enable students find suitable internships free of cost.
- To ensure a pollution-free campus, visitors to GNDU have been made to park their vehicles at the entry of the University in the parking lots near both the gates. Registrar of the University said that this is a dream project of the Vice-Chancellor to make the university pollution-free. He further held that with this step the level of pollution in the

University campus would come down along with reducing the noise level which will give a good atmosphere for study.

- GNDU and Majha House joined hands together for a shared commitment to widen access and to improve the quality of arts and culture across Punjab. The Vice-Chancellor of the University assured that the University will provide a platform for debate, discussion and critical thinking around socially relevant issues and concerns for the benefit of the students. He further added that such cooperation will contribute to build up mutual awareness, respect, understanding and friendship between all the sections of the society.
- A two-day exhibition 'Pariyas', for different types of garments and other items prepared by the students of Lifelong Learning Department was organized in the Gallery of the University at GNDU. The students were encouraged to take part in such programs so that they can unfurl the hidden talent in them and assured that all possible help would be given for skill-development courses / diplomas run by the department.
- Due to the ultra-modern security arrangements made at the two entry gates of GNDU, some unidentified suspects could not get entry to the University campus and while on return they were stopped at the *Naka* laid by Punjab Police outside the university gate, the occupants of the white Fortuner No. PNC 14 just ran away leaving behind the car.
- Three players of GNDU got medals & positions in the 4th Asian Pencak Silat Championship 2018 held recently at Srinagar. The players from the nine countries South Korea, Indonesia, China Taipei, Malaysia, Singapore, Vietnam, Bangladesh, Nepal, and India participated in the mega competition.
- GNDU organized a workshop on awareness programme in association with NAAC in the Sri Guru Granth Sahib Bhawan Auditorium. The workshop was organized by Internal Quality Assurance Cell (IQAC) of the University. The objective of the workshop was to make quality the defining element of higher education in India through a combination of self and external quality evaluation, promotion and sustenance initiatives. The Minister for Higher Education, Govt. of Punjab, Smt. Razia Sultana was the chief guest.

#### November, 2018

• Lecture-cum-seminar, "We4Climate: Popular Lecture Series on Climate Change and

Sustainable Development" on climate action and sustainable development was organized at the Guru Nanak Dev University (GNDU). The Centre for Environment Education (CEE), supported by the Deutsche Gesellschaft für Internationale Zusammenarbeit GmbH (GIZ) - India and in partnership with the Punjab State Council for Science and Technology organised a series of 16 lecture-cum-seminar events to promote dialogue for the exchange of knowledge and experiences on climate action and sustainable development.

- A "Three-Week Refresher Course in Disaster Management (ID)" was organized at the UGC-Human Resource Development Centre (HRDC) of GNDU. Approximately 33 University and College teachers belonging to various academic disciplines from Punjab and other far-flung states of the country participated in it. The participants were apprised about the various new schemes being launched by the Ministry of Human Resource Development like 'ARPIT' (Annual Refresher Programme in Teaching) and 'LEAP' (Leaders for Academic Profession) for teachers of higher education with the aim of improving the quality of higher education in the country.
- A North Regional Conclave on Green Sense to bring together colleges of Punjab, Uttar Pradesh, Haryana and Delhi NCR was organized in the University campus. Centre for Science and Environment (CSE), a Delhi based Non-profit Organisation has been working with GNDU in building the capacity of the faculty and students on Environmental Sustainability. As many as 150 teachers, Research Scholars and professionals from different parts of North India and faculty and students of university attended the Conclave.
- GNDU celebrated its 49<sup>th</sup> Foundation Day on 24 November, which was established to mark the birth quincentenaries' of Sri Guru Nanak Dev ji on November 24, 1969. Prof. Ved Prakash, former Chairman, University Grants Commission, New Delhi and Prof. Charan Singh, Non-Executive Chairman, Punjab & Sind Bank delivered Academic Lectures in the Sri Guru Granth Sahib Bhawan Auditorium of the University. The celebrations started with Bhog Sri Akhand Path at University Gurudwara Sahib followed by Shabad Kirtan. In the evening, Kirtan Darbar at the University Gurudwara Sahib was also organized.
- A 28-day SERB (Science and Engineering Research Board, New Delhi) School on Nonlinear Dynamics was inaugurated in the Lecture Theatre Complex of GNDU. The workshop was being organized by the Department of Physics of the university. A large number of students from various institutes across the country participated. The effects on weather change via the so-called "Butterfly effect" and other similar phenomena where control of seemingly unpredictable systems is made possible were discussed in the workshop.

#### December, 2018

- The Lifelong Learning Department of Guru Nanak Dev University (GNDU) has started six months courses for boys and girls from January, 2019 to June, 2019, with the aim of training the candidates for self-employment. These courses include six-month certificate courses in Cutting and Tailoring; Beauty culture; Web designing; English speaking & Communication skills etc. are available for boys and girls.
- A Three-Week Refresher Course in Disaster Management (ID) was conducted at the UGC-Human Resource Development Centre of the GNDU. As many as 34 University and College teachers pertaining to a multiplicity of academic disciplines from various nooks and corners of the country participated. Vice-Chancellor of GNDU presided over the valedictory session.
- A Three-Week Refresher Course in Commerce & Business Management" on "Pedagogical Innovations in Commerce and Business Management" was organized at the UGC- Human Resource Development Centre of GNDU. As many as 31 University and College teachers from the discipline of Commerce & Business Management from all over India participated.
- A "Four Week General Orientation Programme~107" was conducted at the UGC~Human Resource Development Centre (HRDC) of the University. Approximately 40 University & College teachers of diverse disciplines from Punjab and other states participated in it. Expressing his deep concern at the dwindling enrolment of students in higher education across the country, he stressed on the dire need of stemming the exodus of the younger generation to other countries for higher education.
- A "Three-Week Winter School in Social Sciences (ID)" was organized at the UGC- Human Resource Development Centre (HRDC) of GNDU. Close to 36 University and College teachers of various academic disciplines not only from Punjab, but from other states of the country participated in it. A Professor from the Department of History, Panjab University, Chandigarh chaired the inaugural session. He shed light on the growing significance of the Social Sciences in the contemporary world, where the Science & Technology is playing a leading role in the day-to-day life.
- GNDU signed a Memorandum of Understanding (MoU) with Hotel Holiday Inn to give the students with an insight into the professional internship and job placement opportunities across the group's properties in India.
- GNDU hosted three-day state level flower and plants show along with rangoli and seminars. It was organized around the Shri Guru Granth Sahib Bhawan building of the

University. The event was dedicated to the renowned poet literary Bhai Veer Singh. A prominent consultant on horticulture said that the event was organised to create awareness among masses in general and in students about the importance of beauty and clean environment around them.

- An Interdisciplinary Seminar on 'Sustainable Urbanization, Environmental and Spatial Planning Concerns' was organized at the UGC- Human Resource Development Centre (HRDC) of GNDU. The Seminar was conducted under the aegis of the Faculty Development Centre (FDC). A large number of University and College teachers including Research Scholars from Punjab and the other states of the country participated in the seminar.
- All India Inter-University Judo Championship (Men) 2018-19 was organized at the University. As many as 700 players from 120 Universities of the country participated in the championship held at the indoor multi-purpose Hall of the University.

## **Poetry Section**

## My Broken Heart

My broken heart, shed tears,

Now it has no fear.

Sharp are the arrows of a broken heart,

Still can hear the cries of being torn apart.

It is drowning deep with time,

No one can bring it back to shore alive.

But, my broken heart can't be that bad,

Because it's broken pieces still recite your name like a mad.

Its broken pieces are the sharpened weapons,

That will surely cause future cyclones.

But mine is the broken soul,

That has nothing except words.

#### Rhythm Sharma

M. Com (Sem-IV)

Department of Commerce

#### Silence of Crowd

#### AM ENJOYING...

the silence of crowd,
the company of loneliness,
keeping my feelings to myself,
being an introvert,
happiness of pain,
that I am not anyone's choice,
emptiness of words,
struggling with living life to the fullest,
And, Suspense of dying day by day!

## Rhythm Sharma

M. Com (Sem~IV)

Department of Commerce

## Craving, But... Silent

I don't know why I am writing these lines..

I don't know what empowered me to pen it down,

But one thing I'm sure about, it might not be that easy to confront.....

Often using the word 'reality'

We foolish believe all without clarity

Wishing good morning with two letters GM is considered must

And wandering for the rest whole day with eyes covered of rust

Stepping aback and thinking for a while

Is this morning same for all lives?

Perhaps! It was tough for me to think

When my thoughts, views changed from blink to blink

This disabled me to categorise godly situations

And ending up my sight to all manly creations

One morning of those who work blindly for beautification,

And of other, a child raped, dead with no cremation

Were these mornings alike? Certainly not!

They had a huge difference.....

But .....Difference of what?

Difference of Situations? Naah!

Difference of Sex? Amm...no! Not even that.....

It's all about the game played by mind....

Which renders people like these with no lives

Did god do something with some minds?

Or it was bloody 'lust' which played the whole game?

Lust....

Not only for sexual desires, but for money, for power...

I wish why delivering a baby is considered pious for a lady

If the process is just ridiculed in youth as a matter of fun

Enjoying and kidding at such sexual instincts?

Then why considering it as a sin!

The reason lies in the immature mind

Which desires to grab all, but unaware of the reality behind

Time wants to bind you with all the shackles

But it's up to you, you tackle or mackle

Believe me, mind is not static, it is an ever going game

If you play smart, you will never be blamed

You will get to know the true aspect of life

It's your 'karma' which actually lifts the weight of your crimes......

## Rhythm Mehta

Department – School of Social Sciences

#### Untouched

Some conversations are never going to start..

Some meets are never going to happen..

And some places are never going to be visited..

#### Ravneet Kaur

MBA (3<sup>rd</sup> Sem), Regd No. – 2014.KW/A.499 University Business School

## Mystery

Her smile was brighter than the sunshine
Her laughs louder than the thunderstorms
Her cries as quite as moon
Her emotions deeper than the oceans
She is the mystery to be solved..
By the one who identifies..
Her sorrows behind her smiles

#### Ravneet Kaur

MBA (3<sup>rd</sup> Sem), Regd No. – 2014.KW/A.499 University Business School

## **Articles Section**

#### Mushrooming up of Coaching Centres

As a student who has attended some coaching institutions for some years, I have found that instead of giving students sincere counselling and a proper direction in their scholarly pursuits, these temples of learning are exploiting young minds just for financial gains.

"Tutor Available", "Contact for tuition" - signs like these can be seen in every nook and corner of Indian streets. Why?



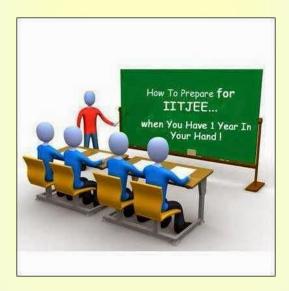
Well, there are several reasons. First of all, perhaps there is too much burden of books for a student to bear. The syllabus is vast and very complex. Moreover parents lack both the expertise and the time to assist and guide their children in studies. Another reason, the most unfortunate is that the teachers may not be teaching well enough during school hours so that they can earn something extra through tuitions. Finally, there are number of competition tests a student has to clear before he can get an admission or a job. Competition oriented specialized coaching and mock tests are provided in the coaching centres only.

So you have newspapers and now-a-days television also flooded with advertisements of coaching institutions. Tuitions are slowly transforming into an organized industry. Tuitions are available in all subjects and for all classes including civil services entrance, mains examinations and interviews.

I don't see any harm in the ever increasing number of coaching centres except that they adopt all sorts of unfair means to produce results. Moreover, they are a fountain head of corruption in our education system.

Most private tuition centers in the smaller towns across India treat students just as commodities. Instead of giving them personal attention, the counsellor is tasked with the duty of filling the unpopular coaching programmes with more students so that the institution can maximize its profits, irrespective of whether that particular programme suits the student or not.

The counsellor must advice a student to enrol in a program according to his/her requirement. However, in reality, every weak or good student will be advised to join the crash program irrespective of his/her requirement only because very few students enrolled for the crash programme, hence, leading to lesser profits.



In the nutshell, such exploitation of innocent students must be regulated, with the education department of the government checking all such institutions, so that students get a better deal.

#### Varinder Pal

BA.LLB Department of Laws Regd No. ~ 2016. L/A.34

# Punjab – a Macho Society in the State of Dormancy

Upon return, after spending close to 6 years outside Punjab at different places, which include Trivandrum, Mumbai, Noida, Delhi, remaining out of touch of the daily happenings in the State during these years and after creating my own image of a gender neutral society by exposure to internet and different texts, I found Punjab an astonishingly macho society. Here, in this text, the focus has been kept on Punjab though one might find several similarities in other societies, cultures. Leaving aside the long history and widespread acceptability of female infanticide and later on female foeticide, several other visible phenomena reflect on the notion of gender imbalance in the society.



Punjab - Map

The Economic Survey of 2017-18 highlights the phenomenon of "son meta-preference" which involves parents adopting fertility "stopping rules", having children until the desired numbers of sons are born. This phenomenon is quite visible in Punjab, as there are thousands of families having 3-4 daughters and the youngest child a son, leading to notional category of "unwanted girls" whose count is in millions. In the census data collected by the Government of India in 2011, the sex ratio of Punjab was 895(895 females per 1000 males), one of the lowest in the Country. If this data was not alarming enough, the child sex ratio was even worse at 846(846 girls per 1000 boys).

Similarly, the Female literacy rate in Punjab is only 70.73% as compared to 80.44% (census 2011) for males. The reasons for such a disparity in literacy are expectations from the girls to focus equally or even more on learning the household chores; India being a patrilocal society, investment in a girl's education is considered a wastage of time and money; in case of poverty, girls are the first ones expected to leave the studies and look after home while parents are out to earn wages.

Consider another social phenomenon, in the growing-up years, once the child enters teenage, he/she is stopped from playing with the children of opposite gender because along with various other presumptions, it is simply expected to maintain the ages long pattern of segregation between the two genders. The deeprooted segregation is stiffened by ensuring that boys play masculine sports which will build their physical strength like Football, Cricket while girls are imagined to get engaged in feminine sports, ones with strong aesthetic elements, or otherwise stay indoors to ensure protection of honour of the family in the era of rising crimes against women by the ferocious men.



The entrenched segregation has led to increasing mistrust among the two genders, as the society has not matured enough yet. When a girl says, "All boys are alike, and are opportunists", without realizing that the phrase 'all boys' also includes her brothers,

cousins, it reflects on the high level of suspicion towards the boys. Even the statement, "Aaj-kal changge munde/kudiyan milde kithe ae!" (these days, where one could find good boys and girls!), while looking for a match, signifies the widening gap between the present lot of young guys, girls and the perceived image of a traditional ideal bride/groom, highlighting the prevailing sense of despair.

Similarly, while holding some preconceived notions, a girl sitting uneasily besides a boy in a bus or a train, reflects on the conception of high distrust, though a few miscreants do add to the justification of this distrust on some occasions. Majority of the people(including large number of females), even in the rest of India, still think that the girls in their short western dresses and imitated western way of life, are the main reason for high and rising rate of rapes, as it excite males, especially young guys. But these same people, quite convincingly, defend the emulation of western lifestyle by males, including wearing low-rise jeans which flaunts underclothes.



In the context of girls, still labels like ~ "Tota", "Purja", "Bottle wargi", "Kudi fsaani", "kudi tikaani" etc are used. Even lyrics of Punjabi songs reflect the queer mind~set, as "pattu char panj kudiya fasayi firda ni pattu char panj "(The dude has snared 4~5 girls), 'Rann Bottle wargi, chak lo rabb da naa lae ke'(The girl is like a bottle of wine, take her away after taking God's name). Another gem,"Jine vich balliye tu saari sajdi, Ohne jittan mitran de boot aunde aa"(Your entire budget of make~up, preparation is only equal to the price of the pair of my shoes), boasting male

chauvinism by comparing a girl, her make-up, her preparation with a pair of shoes, asserting that her preparation is just worth the price of his shoes.

Without giving overt and covert support to consumption of alcohol, one may ask the question that when it comes to drinking liquor in Punjab, why is it a social taboo for females and not males? Why in marriages and social functions, only men could be seen in designated – tables and areas, boozing and occasionally creating ruckus in drunken state, while their female partners are expected to stand the awkwardness and take their drunken men home?, even hinted by the song,"aa lae fadd lae gaddi di chaabi, Jatt ho gya sharabi".(come and hold the key of the car because your male spouse is drunk)

Domestic violence, another indicator of reigning patriarchy, is witnessed even in educated and progressive families. The infamous twitter video of Baljeet Kaur, a resident of Amritsar, released almost a year ago, confessing her ordeal regarding violence by her husband is a case in point.



In Punjab, as highlighted in the movie "Udta Punjab", there is a culture of abusing in every mood, but has anybody pondered upon the fact that why abuses are always on mother and sister, never father and brother? The reason for this is that women are generally considered, more or less, property of men.

However, if the same Punjab is looked at from the other side of the prism, a positive, brave and progressive image of Punjabi males comes to the fore. The men of Punjab have saved the Country from foreign invasions for centuries; brought glory through their acts of valour in the military, lead in wars from the front, both in the pre and post-Independence era. The men of Punjab ensured that the Country does not face another Bengal-1943 like famine ever since the Green Revolution came in the 1960s, though women also played a vital part in it. There are many more contributions of both men and women of Punjab; however, the society has not been able to give equal treatment to both the genders.

So, finally, does the society need some kind of revamp to re calibrate and re balance the gender equation? The simple answer to this could be that rather than waiting and looking for some radical changes, big intentions and small steps in the right direction would prove potent in ameliorating the status of women. As, gender neutral and value based education be provided in schools from the very beginning, which will help in liberating the society of the centuries old ingrained stereotypes. Even Literature, History which shape the intellect of the youth be made neutral, by giving equal space to the heroic verses of women, which are countless.

Cinema and Music, both, leave a deep impact on the minds of the people, emphasis on gender neutrality in these, would go a long way. Scholar Theodore Adorno, suggests that 'Music has been reduced to "Seismographic Traumatic shocks", also stands true for Punjabi music, which is produced with the sole aim of becoming overnight hit and rich without giving due weight to gender considerations. However, the veteran and the young singers, need to realize their responsibility towards the society apart from the single-minded focus of gaining stardom.

Family being the first institution from where socialization begins, holds the biggest responsibility towards assuring equal status to both the genders but for this, gender sensitization needs to be done so that parents belonging to various classes, are enlightened about their responsibilities.

The Government needs to start campaigns about the sensitization on the matter, ensuring to elevate women to the status of men, rather than providing any kind of positive discrimination to them, which later on becomes a political tool to be used skilfully by the politicians.

Also, the women need to assert themselves, make space for themselves, make their presence and importance felt, unlike a few of my mates, who exclaimed the other day,"Kudian di zindagi taan edan hi hundi hai, mundian jini azaadi kithe!"(Girls' lives are like this only; they do not get freedom equal to that of boys). So, the women need to liberate themselves ~ from the shackles of Patriarchy and the culture of denial of freedom to them, lift themselves up at par with men.

Media are other important players in achieving the goal of neutrality, by showcasing women in a positive light, highlighting their acts of boldness rather than objectifying and stereotyping them. Even the daily soaps need to present a positive picture of women, instead of presenting them as cunning, opportunistic and selfish creatures like the characters of Ekta Kapoor's k-series serials. Also, the cliche of presenting women, in soap operas, media, as subservient to men and who shed tears on every small or big occasion, presenting them as weaker gender than the rigid men, be proscribed by the women and the society in general.

So, in the nutshell, the profound problem of gender unjustness, denying half the population the treatment of equality, could be alleviated, only by the efforts of both, the Government and the Society, together, so that women could contribute equally in the efforts towards a bright future and in bringing the glory days of Punjab and at large India, back.

#### Ramjot

M.A., 1<sup>st</sup> Semester, Political Science Department ~ Political Science 2018PSB0040

## दलित बहाना 2019 निशाना ?

2 अप्रैल 2018 का दिन भारतीय राजनीति के लिए काला दिन था। राजनीति का स्तर लगातार नीचे गिर रहा है। वोट पाने के लिए ये लोग देश की अखण्डता को भी तोड़ने से पीछे नहीं हट रहे। सबसे पहले मैं आपको बताता हूं कि मामला क्या है। सुप्रीम कोर्ट ऑफ़ इंडिया ने फैसला दिया कि Sc/St एक्ट की कुछ धाराओं का कुछ लोग अपने सवार्थ हेतु गलत प्रयोग करते है। कुछ लोग अपनी दुश्मनी निकलने के लिए इन धाराओं में विरोधियों पर केस करते है ताकि सामने वाले को बेल न मिले। यकीनन सुप्रीम कोर्ट ने यह फैसला कुछ सोच समझ कर ही लिया होगा। इस के कुछ गलत उपयोग के उद्धरण उसके सामने आए होंगे। लेकिन इस फैसले से सियासी रोटिया सेकने के लिए इस पूरे मामले को अलग तरह से आम लोगों के बीच प्रस्तुत किया गया।

अब आते है इस लेख के सिरलेख की तरफ, क़ि क्यों इस मामले में राजनीती की बदबू आ रही है। असल में हाशिए पर पहुँच चुकी सियासी पार्टियाँ इस मामले में अपनी राजनीति चमकाने में लगी है। सबसे पहले इस मामले का आरक्षण से कुछ लेना देना नहीं था। लेकिन सोशल मीडिया पर इसे ऐसे प्रस्तुत किया गया कि इस से आपके आरक्षण को खत्म किया जा रहा है। और ये काम मोदी सरकार कर रही है, यदि्द्प यह फैसला कोर्ट के द्वारा आया था। सरकार इस मामले में पार्टी नहीं थी। और आरक्षण खत्म होने के डर की वजह से लोग हिंसक हो गए। लोकतांत्रिक देश में हिंसा के लिए कोई स्थान नहीं है। लेकिन 2019 के लोकसभा चुनाव और राजस्थान, मध्यप्रदेश विधान सभा चुनाव में दलित और पिछड़ी जातियों के वोट बटोरने के लिए इसे सियासी रंग दिया गया।

देश में हर जगह आज यह हाल है। मोदी खुद में इतना बड़ा भह बन चूका है क़ि उसे

हराने और सत्ता से दूर रखने के लिए यह लोग किसी भी हद तक जाने को तैयार हो गए है। मैं यहाँ किसी का पक्ष नहीं ले रहा लेकिन सच यही है। कर्नाटक में लिंग्यात को हिन्दू धर्म से अलग करना, उसके बाद में क्या नतीजे निकालेंगे इसकी किसी को चिंता नहीं है।

कांग्रेस बस वहां इस बार का चुनाव जीतना चाहती है। अगली बार किसी और जाति को निशाना बना लेंगे। आज यही फिर से दलित समाज को सामने रख कर वोट पाने के लिए हो रहा है। इस से चाहे दूसरी जातियों और दलित समाज के रिश्ते और खराब हो जाए।

दरअसल बहुगिन्ती समाज और जनरल कास्ट के लोगों को लगता है कि आरक्षण से उनके हित्तों को नुकसान पहुँच रहा है। असल में भीम राव आंबेडकर आरक्षण के खिलाफ थे। और आरक्षण को संविधान में सिर्फ दस साल के लिए अस्थायी तौर पर शामिल किया गया था। लेकिन बाद में वोट की राजनीति से प्रेरित होकर उस समय की कांग्रेस सरकार ने इसे खत्म ही नहीं किया। यह एक अलग डिबेट का मुद्दा है कि आरक्षण से देश को फायदा पहुंचा है या नुकसान। लेकिन आज का मुद्दा ये है कि कौन यह आग भड़का रहा है। तो इसका सरल सा उत्तर है जिसको इसका सबसे अधिक फायदा पहुंचेगा। और इसका फायदा विपक्ष को होगा।

ये कोई राकेट साइंस नहीं है। पूरा विपक्ष इस मामले को वोट में कैश करने की कोशिश में है। इस मामले में जवाबदेही सरकार की भी बनती है। उसे मालूम था कि यह मामला कितना संवेदनशील है, और उसे मालूम होना चाहिए था कि विपक्ष इस मामले को उठा सकता है। लेकिन फिर भी उसने बीस मार्च को फैसला आने के बाद दो अप्रैल तक आग को भड़कने दिया और आज जब फैसला आया तो दबाव में आके रिव्यु पेटिशन दायर की। यकीनन आप विपक्ष से इस मामले में यह उम्मीद नहीं कर सकते कि वो अपनी राजनीति को भूल कर देश के बारे में सोचेंगे, भारत देश में तो बिलकुल भी नहीं, तो इसका क्या हल है। सबसे पहले वोटर को समझदारी से काम लेना होगा। अपनी जाति से ऊपर उठ कर देश के बारे में सोचना होगा।

यह देश सबका है।अगर हम इस देश की प्रॉपर्टी को नुक्सान पहुंचा रहे है।तो यह देश की प्रॉपर्टी भी हमारी है हमारे टैक्स के पैसे से ही यह सब कुछ बना है। सब लोगों को थोड़ी समझदारी से काम लेना होगा ताकि वो किसी की राजनीति का मोहरा न बने।

## Chetan Sharma Prinja

B.A., Department of Social Sciences Regd No. – 2015.NZ/4893

# ਇਕ ਵਿਦਿਆਰਥੀ ਦਾ ਖੱਤ ਮਹਿਬੁਬਾ ਯੁਨੀਵਰਸਟੀ ਨੂੰ...

ਜਦੋਂ ਸਾਡਾ ਦੌਰ ਸੀ ਏਂਵੇ ਜਾਪਦਾ ਸੀ ਕਿ ਮੇਰੀ ਹੀ ਸਰਮਾਏਦਾਰੀ ਆ ਬੱਸ ਮੇਰੀ ਮਹਿਬੂਬਾ ਤੇ, ਸਰਮਾਏਦਾਰੀ ਏਹੋ ਜਿਹੀ ਕੇ ਬੱਸ ਮੈ ਹੀ ਮੈ ਸੀ ਤੇ ਮੇਰੇ ਤੋਂ ਅੱਗੇ ਕੋਈ ਨਹੀ। ਕਿਸੇ ਸਫਰ ਤੇ ਨਿਕਲਨ ਲੱਗੇ ਏਹਨੂੰ ਇਸੇ ਤਰਾੰ ਹੀ ਛੱਡ ਕੇ ਗਿਆ ਸਾਂ, ਬੜੇ ਚਿਰ ਮਗਰੋਂ ਮਹਿਬੂਬ ਵੱਲ ਨੂੰ ਮੂੰਹ ਹੋਇਆ, ਸਾਰਾ ਕੁੱਝ ਉਹੀ ਬੱਸ ਮਹਿਬੂਬ ਬਦਲੀ ਬਦਲੀ ਜਾਪੀ, ਕਿਸੇ ਹੋਰ ਦੀਆਂ ਬਾਹਾਂ ਚ, ਕਿਸੇ ਹੋਰ ਦੇ ਹਾਸਿਆਂ ਚ ਹਾਂ ਮਿਲਾਉਦੀ ਹੋਈ, ਉਹੀ ਢੱਲੀ ਸ਼ਾਮ ਦੀ ਰੌਣਕ।

ਮੈ ਪਰਛਾਵੇਆਂ ਨੂੰ ਫੜਨ ਦੀ ਕੋਸ਼ਿਸ਼ ਕੀਤੀ ਪਰ ਨਾਕਾਮ ਰਿਹਾ, ਮੈਥੋੋਂ ਸਵਾਲ ਪੁਛਣੋ ਰਿਹਾ ਨਾ ਗਿਆ ਕੀ ਤੂੰ ਏਨੀ ਪੱਥਰ ਦਿਲ ਏਂ, ਕੀ ਤੂੰ ਏਸ ਕਦਰ ਬੇਪਰਵਾਹ ਹੈਂ ਕਿ ਤੈਨੂ ਮੇਰੀ ਮੁੱਹਬਤ ਦਿਸੀ ਨਹੀ, ਕੀ ਮੈਂ ਹੀ ਤੇਰਾ ਇਕਲੌਤਾ ਚਹੇਤਾ ਹਾਂ ਯਾ ਮੈ ਭੂਲੇਖੇ ਚ ਹਾਂ, ਕੀ ਤੂੰ ਹਰ ਚਹੇਤੇ ਨਾਲ ਏਦਾਂ ਹੀ ਕਰਦੀ ਏਂ।

ਅੱਜ ਬੜੇ ਲੰਮੇ ਵਕਤ ਮਗਰੋਂ ਉਸਨੇ ਜਵਾਬ ਦਿੱਤਾ, ਮੈ ਤੇਰੇ ਮੁੱਹਬਤ ਦੇ ਪ੍ਰਗਟਾਵੇ ਤੋਂ ਪ੍ਰਭਾਵਿਤ ਨੀ ਹੁੰਦੀ ਨਾ ਹੀ ਹੋ ਸਕਦੀ ਆਂ, ਮੈ ਕਦੇ ਮੁੱਹਬਤ ਦਾ ਸੁਆਦ ਨਹੀਂ ਦੇਖਿਆ, ਮੇਰੇ ਪਿਆਰੇ ਦੋਸਤ ਤੁਸੀਂ ਕਿਸਮਤ ਵਾਲੇ ਹੋ ਜੋ ਕਿੰਨੀਆਂ ਰਾਤਾਂ ਮੇਰੇ ਸਾਏ ਵਿੱਚ ਬਤੀਤ ਕੀਤੀਆਂ ਹਨ ਪਰ ਹੁਣ ਤੁਸੀਂ ਉਜਾੜ ਵਿੱਚ ਅਬਾਦੀ ਲਭਦੇ ਹੋ, ਤੁਸੀਂ ਆਪਣੀ ਬੁੱਕਲ ਵਿੱਚ ਹੁੱਣ ਵੀ ਹਮਦਮ ਮੰਗਦੇ ਹੋ, ਹੁਣ ਇਹ ਕੁੱਝ ਵੀ ਤੁਹਾਨੂੰ ਨਹੀਂ ਮਿਲ ਸਕਦਾ, ਹਾਂ ਤੁਹਾਡੀ ਬਕਲ ਵਿੱਚ ਕੇਵਲ ਯਾਦਾਂ ਨੇ ਬੱਸ ਉਸ ਤੋਂ ਵੱਧ ਕੁੱਝ ਨਾ ਮੰਗੋ, ਕੁੱਝ ਨਾ ਚਾਹੋ।

ਤੁਸੀਂ ਮੇਰੇ ਤੋਂ ਪੁੱਛ ਰਹੇ ਹੋ ਕਿ ਤੂ ਅਜੇਹੀ ਕਉ ਹੈਂ, ਹਾਂ ਮੈ ਅਜਿਹੀ ਹੀ ਹਾਂ, ਥੋੜੇ ਜੇਹੇ ਸਮੇ ਤੋਂ ਇਲਾਵਾ ਮੈ ਕਿਸੇ ਦੀ ਨਹੀ ਹੋ ਸਕਦੀ, ਤੁਹਾਡਾ ਏਥੋ ਚੱਲੇ ਜਾਣਾ ਹੀ ਬਿਹਤਰ ਹੈ...

## Manavjit Singh Gabbi

2011.FT/A.56
B. Tech. Sugar & Alcohol Technology

# **Visuals & Arts**

# Green Nature Always Adores at its Best



### Garima

MSc, Microbiology, Sem 1 Department of Microbiology

# Collect the Memories Not Things



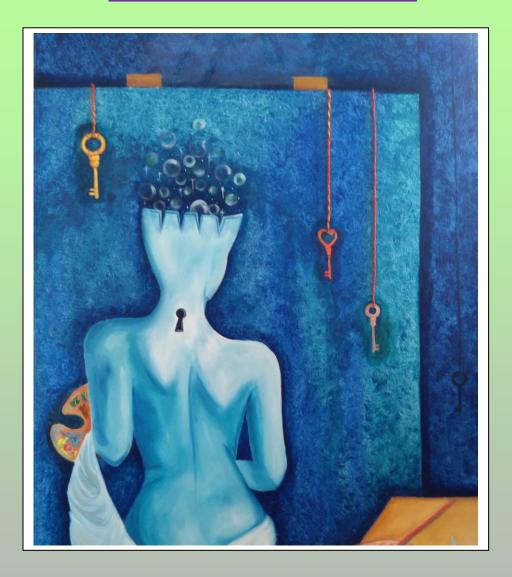
Varinder Pal
B.A. LLB (Sem IV)
Department of Laws

# **Beauty of Nature**



**Kiranjot Kaur** MCA (TYC), 5<sup>th</sup> Sem Regd. No.~ 2013.W/A.816

# My Soul in Studio



Jagdeep Kaur Regd.No: 2012.FT/A.57 B. Tech (Alcohol & Sugar Tech.)

## Self Portrait



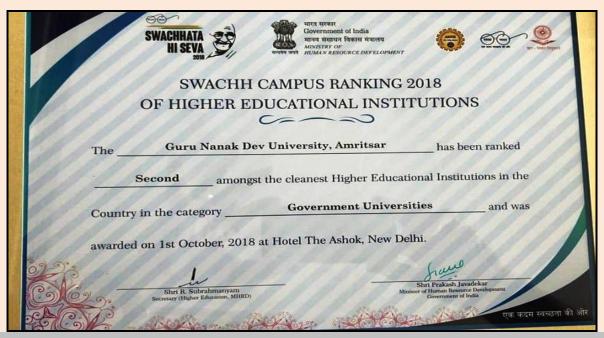
## Shubhankar Bali Goswami

Regd. Number ~ 2013.AR/A.79 Department of Architecture B. Arch (5th year)

## **Achievements of GNDU**



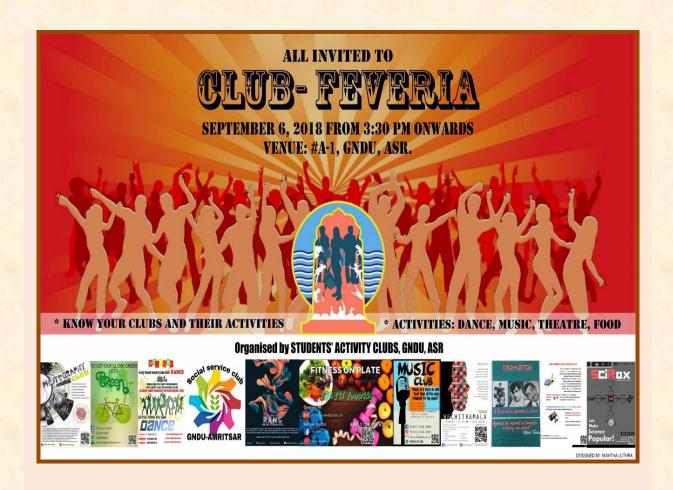
GNDU has won the Maulana Abul Kalam Azad Trophy for the year 2018



GNDU has got the status of being the second cleanest Higher Educational Institution in the country under the 'Swachh Campus Ranking 2018 of Higher Educational Institutions'.

### **Events held at University**





Guru Nanak Dev University conducted sixteen weeks coaching classes from August 13 to November 30, 2018 for the preparation of UGC-NET held in December 2018, under the aegis of its All India Services Pre-Examination Training Centre.

# **Students' Activity Clubs**

### "Club Feveria" event













## **Author Guidelines**

Pixels is our 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 KrutiDev 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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