

7.1.11. Institution celebrates / organizes national and international commemorative days, events and festivals

	<p>National Youth Day 2016</p>	<p>Central University of Punjab commemorated Swami Vivekananda on his birth anniversary on January 12, 2016. A special lecture was delivered by Prof. R. K. Mahajan, President, Swami Vivekananda Study Circle, Bathinda. In his lecture entitled ‘Socio-Economic Philosophy of Swami Vivekananda’, the professor put forward Swami Vivekananda’s teachings. Furthermore, CUPB participated in this national endeavour by screening a documentary on Vivekananda and organised a pictorial exhibition on the contributions of Vivekananda.</p>	
	<p>World Cancer Day 2016</p>	<p>‘World Cancer Day’ was observed at Central University of Punjab on February 4, 2016 under the theme “We Can. I Can”. The proposed theme was aimed at creating awareness among people to take necessary actions in order to reduce the impact that cancer has on society. The students of Centre for Animal Sciences and volunteers of CUPB Community Development Cell /Unnat Bharat Abhiyaan organised poster-making, painting, slogan writing, and quiz competitions to create awareness on World Cancer Day. The themes for Poster-making, painting, and slogan writing were ‘Make Healthy Lifestyle Choices’, ‘Create Healthy Environment’, ‘Support Others’, etc.</p>	
	<p>World AIDS Day 2016</p>	<p>The NSS cell along with Vardaan-Health Awareness & Blood Donation Club of CUPB organized an awareness programme on World AIDS Day on December 01, 2016. Poster making, painting and slogan writing competitions were organized to spread awareness of it among the students. Mr Narinder Kumar Bassi, social activist, a renowned community AIDS educator and recipient of the UN AIDS Civil Society award graced the occasion by his presence. Mr Bassi shared the history of the disease since its inception and discussed the measures to root it out. He added that students and the peer educators would play a vital role in spreading awareness about AIDS. The event concluded with a prize distribution ceremony through which students were given prizes.</p>	

	<p>National Youth Day 2017</p>	<p>Swami Vivekananda's birthday on January 12, is celebrated as National Youth Day every year to encourage and inspire the youths of India. The NSS Unit of Central University of Punjab, Bathinda organized a debate competition on "Demonetisation: A Move to Change the Fate of the Youth" on January 12, 2017. Students shared their views and experiences about digitalization and demonetization. They showed great enthusiasm in participating in the competitions, 15 students participated in the debate. Prof. P Ramarao, Dean Academic Affairs, applauded the organizers for organizing the event and discussed the demonetisation related issues.</p>	
	<p>Yoga Week 2017</p>	<p>Central University of Punjab, Bathinda celebratedd Yoga Week from June 14-21, 2017 at the City Campus. Committees at the level of faculty and students were constituted for their active participation and to educate the community about Yoga and to motivate them to practise it. Two sessions were held daily during the Yoga Week; Morning Session from 6:00 to 7:00 AM and Evening Session from 5:00 to 6:00 PM. The demonstrators guided the participants through a set of practices, during the morning and evening sessions to help in creating strength, awareness and harmony between the mind and body. Poster presentations and Yoga competitions were also held during the Yoga Week. Prof. Jagdeep Singh, Registrar, CUPB was the Chief Guest for the concluding ceremony. He awarded the certificates and mementoes to the winners of these competitions. Certificates were also distributed to all the participants.</p>	
	<p>World Heart Day 2017</p>	<p>Cardiovascular diseases (CVD) including heart disease and stroke are the leading causes of mortality worldwide claiming 17.5 million lives each year. The CVD related complications and deaths can be prevented by educating people about the causes and risk factors such as alcohol consumption, tobacco use, unhealthy diet and physical inactivity. Maintaining healthy weight, and managing other risk factors such as lipid profile, blood pressure, and diabetes can reduce the risk of CVDs. In order to create awareness about the vital organ function among the students and staff of the University, NSS, Community Development Cell and Vardaan Club of CUPB under the supervision of Dr. Monisha Dhiman organized a health camp to mark World Heart Day on September 29, 2017. The camp registered 250 volunteers for various tests</p>	

		<p>such as measuring blood pressure, blood sugar and other vitals. The main highlight of the camp was the Fecal Immunochemical Test (FIT) where the stool test for individuals more than 55 years of age for polyps (abnormal tissue), diverticulitis, colitis, Crohn's disease, inflammatory bowel disease (IBD), and Irritable bowel syndrome (IBS) was tested. The Honourable Vice-Chancellor, Prof. R. K. Kohli said that camps like this can serve the purpose of empowering the students and staff with information and awareness with regard to their health and related issues and more such camps will be organized in near future.</p>	
	<p>World AIDS Day 2017</p>	<p>The NSS cell along with Vardaan-Health Awareness Club of CUPB organized an awareness programme on World AIDS Day on December 01, 2017. Poster making, painting and slogan writing competitions were organized to spread awareness of it among the students. Students enthusiastically participated in the event, the posters, paintings and slogans were judged by Dr. Kiran K. Singh, Dr. Biswajit Behera, Dr. Shamshir Dhillon and Mrs Shweta Arora. Mr. Narinder Kumar Bassi, social activist, a renowned community AIDS educator and recipient of the UN AIDS Civil Society award graced the occasion by his presence. Prof. P. Ramarao, Dean Academic Affairs presided over the closing and prize distribution ceremony and added that students and the peer educators would play a vital role in spreading awareness about AIDS.</p>	
	<p>National Youth Day 2018</p>	<p>The birth anniversary of Swami Vivekananda is celebrated as a National Youth Day on this occasion a district level speech competition on the topic of 'Relevance of Swami Vivekananda's Philosophy in 21st Century' was organized by the NSS Cell of Central University of Punjab, Bathinda on January 12, 2018. Swami Surya Dev, founder of Maharishi Yoga Ashram, Goniana Mandi, Prof. R. K. Mahajan (Rtd.), Chairman, Swami Vivekananda Study Circle, Bathinda and Shri. Narinder Bassi (Social Worker) were invited for the event. Swami Surya Dev, enlightened the students with different motivational and inspirational life experiences of Swami Vivekananda. Prof. R. K. Mahajan shared the importance and relevance of Swami Vivekananda's philosophy in the life of youth. Total 16 students, from Giani Zail Singh Campus College of Engineering and Technology, DAV College and Central University of Punjab, Bathinda, participated in the speech competition. Karula Sharma and Bharat, students from CUPB got first and second</p>	

		<p>positions respectively. Reetika Goyal, student of GZSCCET and Romanshu Garg, from CUPB shared the third position in speech competition.</p>	
	<p>World Health Day 2018</p>	<p>A health camp in the University campus to commemorate ‘World Health Day’ on April 07, 2018 was organised by Community Development Cell, NSS and Vardaan Club in association with Bathinda Cycle club for elderly people (age above 50). The camp started early in the morning and about 90 volunteers enthusiastically registered for various tests such as measuring blood pressure, blood sugar and other vitals. The main highlight of the camp was the <i>Fecal Immunochemical Test (FIT)</i> where the stool test for individuals more than 55 years of age for polyps (abnormal tissue), diverticulitis, colitis, Crohn’s disease, inflammatory bowel disease (IBD), and <i>Irritable bowel syndrome (IBS)</i> was tested.</p>	
	<p>World Environment Day, 2018</p>	<p>The NSS Cell along with Vardaan Club of Central University of Punjab, Bathinda celebrated World Environment Day to create awareness about environment pollution, types of pollutants and best practices to keep the university premises clean and pollution free. NSS volunteers and staff of the university participated in the cleanliness drives and segregated the biodegradable and non-biodegradable waste. The NSS volunteers under the supervision of Dr Monisha Dhiman later visited the Education Centre of Slum Children opposite Reliance Mall, Barnala Road, Bathinda and organised a poster making competition and various interactive activities to teach the slum children about the environment and their responsibility to keep it clean.</p>	 
	<p>International Day of Yoga, 2018</p>	<p>The Central University of Punjab, Bathinda organised a week long Yoga camp to observe International Yoga Day with an objective to generate awareness among students, faculty and non-teaching staff members about fitness at campus premises. This camp was inaugurated by Hon'ble Vice Chancellor, Prof. R.K. Kohli. On this occasion Mr. Vijay Sharma, District In charge Patanjali Yogpeeth and Smt. Veena, executive member, Women Patanjali Yogpeeth Punjab were the main speakers and guests who have enlightened the audience about various techniques of Yoga and their</p>	

		<p>benefits. In this series, a seminar was held wherein Yoga guru Shri Radhey Shyaam Bansal, Prof. R.K. Gosai, Chairman, Yoga Sewa Samiti Bathinda along with their instructors demonstrated Ashtaang Yog, Pranayaam and other Yoga Techniques. Prof. (Dr) Jagdeep Singh, Registrar, explained the benefits of different Asanas and Pranayams how these asanas are helpful to strengthen physical and mental health and also in curing the different diseases.</p>	
	<p>World AIDS Day, 2018</p>	<p>Central University of Punjab NSS Wing organised a special Lecture on “Know Aids, No Aids” on the occasion of World Aids Day. The keynote speaker of this Session was Mr Narinder Bassi who is UNAIDS Civil Society Awardee and State Awardee Community Aids Educator. Students from various departments attended the Lecture, Dr Deepak Chauhan, University NSS Coordinator, welcomed the guest and introduced the theme to the audience. Mr Bassi mentioned that “Youngsters always remain enthusiastic and generally get excited to do new things without checking their pros and cons in detail. On the contrary, matured persons consciously think and apply their wisdom before acting on any situation in life. He further stated four common mistakes by which HIV spreads i.e. unprotected sex, HIV Mother to the child, Sharing infected needle, Contaminated blood transfusion and Organ transplant. He urged the youth to learn the art of wisdom from matured persons to stay away from this virus and make their life progressive. Mr Robin Jindal, Public Relation Officer gave the vote of thanks.</p>	
	<p>National Youth Day, 2019</p>	<p>Central University of Punjab NSS Wing celebrated National Youth Day by visiting Hussainiwala Border at Ferozpur on the birth anniversary of Swami Vivekananda ji, During this visit, NSS Wing presented a pictorial of Swami Vivekananda ji to Indian Soldiers and witnessed Indo-Pak Retreat Ceremony. Program Incharge of NSS Wing Dr Deepak Chauhan mentioned the objective of this trip is to teach students about the efforts made by our freedom fighters to get independence, and to inculcate the feeling of nationalism among them. Dr Preeti Khetarpal, Ms Shweta Arora, Mr Narinder Bassi and NSS Volunteers along with students from various departments, participated in this program.</p>	

	<p>National Voters Day, 2019</p>	<p>In order to encourage young voters to participate in the Indian electoral process, Central University of Punjab, Bathinda celebrated National Voter's Day on 25th January 2019. The event started with the National Voter's day pledge administered by Dr Punnet Pathak. Students, Staff and Faculty members participated in this program. On this occasion, the University's NSS Wing also organised a Declamation and Quiz Competition. A total of 9 students participated in the Declamation Competition and presented their thoughts on "No voter to be left behind" and 12 teams from various departments took part in Quiz Competition on National Voters Day. Mr Ashish (Department of Computation Sciences & Team of Department of Computation Sciences stood first in Declamation and Quiz Competition respectively.</p>	
	<p>World Cancer Day, 2019</p>	<p>Under the guidance of Vice-Chancellor Prof. R.K. Kohli, Central University of Punjab's NSS Wing observed World Cancer Day. On this occasion, a "Cancer Awareness Walk" was organised in order to raise the awareness of cancer and to encourage its prevention, detection and treatment. Around 60 students & faculty members from various departments participated in this event to spread awareness of creating a future without cancer. At the start, NSS Wing Program Officer Dr Monisha Dhiman gave a brief introduction about the event. Further, NSS Volunteers displayed charts on how to fight cancer through regular screening and early detection, through healthy eating and physical activity, by quitting smoking and by spreading its awareness among peer groups. Thereafter, Cancer Awareness Walk was conducted with the slogan of "I am and I will" calling for everyone's personal commitment to help reduce the global burden of cancer</p>	
	<p>128th birth anniversary of Babasaheb B.R. Ambedkar</p>	<p>Under the guidelines of honourable Vice-Chancellor Prof R.K. Kohl, the SC / ST/ OBC and Minorities Cell of Central University of Punjab celebrated the 128th birth anniversary of Bharat Ratna Dr Bhimrao Ambedkar with the Peace Walk in their campus this Friday. Students from various departments participated in this walk and displayed posters on the theme "Ambedkar & Peace". Dr Dhanya M.S., Chairman of SC / ST/ OBC &</p>	

		<p>Minorities Cell, mentioned that Babasaheb Ambedkar was not only the architect of the Indian Constitution, but also a campaigner against social discrimination, and has raised his voice in support of women and child rights. She emphasised, CUPB students should try to follow his preaching. On this occasion, Dr Yoga Lakshmi, Ms Shweta Arora and other University staff members were also present.</p>	
	<p>International Biological Diversity Day</p>	<p>Department of Environment Science & Technology at Central University of Punjab, Bathinda organised a special programme to celebrate International Day for Biological Diversity 22 May, 2019. During the programme Prof V.K. Garg, Dean Student Welfare & Dean School of Environmental & Earth Science welcomed the audience and introduced the programme theme. He mentioned that the UN had adopted 22nd May as International Biodiversity Day to increase our understanding & awareness of biodiversity issues. He added, youngsters need to follow the laws of nature & should work for sustainable development to preserve our biodiversity.</p>	
	<p>World No Tobacco Day, 2019</p>	<p>Central University of Punjab's NSS Wing conducted an awareness campaign and organised an oath ceremony to mark the occasion of World No Tobacco Day. Students, Faculty and Staff members from different departments participated in this activity & took the pledge to say no to tobacco. On this instance, Dr Monisha Dhiman Program Coordinator, NSS Cell talked about the ill effects of tobacco consumption on human lungs and urged youngsters to stay away from this menace. Further NSS Cell Volunteers installed a No Tobacco Box on-campus entrance gate as a symbolic indicator of No Tobacco Zone.</p>	

	<p>International Yoga Day, 2019</p>	<p>The Central University of Punjab celebrated 5th Edition of International Yoga Day 2019 with great zeal and enthusiasm. To mark this occasion, a week-long yoga camp was organised from 13th to 20st June to spread awareness among youngsters to live a stress free life with the help of Yoga. On International Yoga Day, a special yoga session was held. Honourable Vice-Chancellor Prof R.K. Kohli, CUP faculty, staff and students participated in this event.</p>	
	<p>National Sports Day, 2019</p>	<p>To commemorate the birth anniversary of Major Dhyen Chand, Central University of Punjab organised different fitness activities on 29th August National Sports Day. On this occasion, a Walkathon Activity was conducted under MHRD's Fit India Movement. The route for the Walkathon was from CUPB City campus to ITI Chowk and back to the university. Honourable Vice-Chancellor Prof. R.K. Kohli flagged off the walkathon. Around 200 hundred students, faculty and staff members participated in this fitness programme.</p>	
	<p>NSS Day, 2019</p>	<p>To mark the NSS Day, the NSS Wing of the Central University of Punjab conducted a special program on 27th September 2019 at their campus. The main activities of this program were Rangoli Competition, Quiz Competition, Group Discussion and Cultural Performances. The special guest of the cultural program was Prof P Ramarao, Dean Academic Affairs and Sh. Kanwal Pal Singh, Registrar CUPB. Around 150 students from different departments participated in these competitions.</p> <p>Celebrations begin with the welcome address of Dr Monisha Dhiman, NSS Coordinator. She briefed the program schedule in her speech to the participants. After that, Rangoli Competition was organised on Environment Conservation theme in which 18 students showcased their art. Total 16 teams competed with each other in a quiz competition and showcased their General Knowledge level. After this, 12 students participated in a Group Discussion Competition and shared their views on the Challenges of Drug Abuse.</p>	 

	<p>World Heart Day, 2019</p>	<p>On World Heart Day (29 September, 2018), Central University of Punjab, Bathinda organised a program “Walk & Talk for a Healthy Heart”. CUPB organised this program under MHRD’s FIT India Movement Campaign. During this program, a walkathon, different sports activities and a Doctor Talk were held to spread health awareness. Prof P Ramarao, Dean Academic Affairs and Dr Antriksh Gupta, Medical Officer, graced the event as chief guest and special guest.</p>	
	<p>National Unity Day, 2019</p>	<p>To spread the message of unified Bharat, the Student Welfare Cell and NSS Wing of Central University of Punjab celebrated National Unity Day & organised “Walk for Unity” on 31st October 2019. The programme was organised to commemorate the 144th Birth Anniversary of Sardar Vallabhbhai Patel and to pay a tribute to him for his efforts made to unite India. Sh. KP Singh, COE & Registrar CUPB, along with faculty and students participated in this programme.</p>	
	<p>Vigilance awareness week 2019</p>	<p>1st November 2019 NSS team Including Dr Monisha Dhiman, Programme Coordinator, Dr Ashwani Kumar, Programme Officer, and NSS volunteers) visited Govt. Sen. Sec. School, Naruana and organized an Essay Writing Competition. Total of 39 students of the school participated in this event. S. Harpreet Singh, Lect. Maths, Principal (O), S. Amandeep Singh and Staff of the school, cooperated with the team. All the staff members, including students, also took the vigilance awareness pledge in the school premises. They appreciated the efforts of the NSS team for this event and also requested to organise more events in the school in future</p>	
	<p>Innovation Day</p>	<p>Under the guidelines of MHRD, the Institution’s Innovation Council (IIC) established at the Central University of Punjab celebrated Innovation Day on 15th October 2019. On this occasion, Poster Making & Slogan Writing Competitions were organised on the topic “Innovation and You”. A total of 47 students participated in this competition. Innovation Day is celebrated to remember the birth anniversary of the former president of India Dr A.P.J Abdul Kalam.</p>	

	<p>World AIDS Day, 2019</p>	<p>Painting/Poster making Competition was organised by NSS Cell, CUPB on 1st December, 2019.</p>	
	<p>International Day of Persons with Disability, 2019</p>	<p>3rd December 2019 - CUPB organised an Invited Lecture on “Role of Physiotherapy for Differently Abled Persons”. CUPB Internal Committee for Persons with Disability organised this program under the guidance of honourable Vice-Chancellor Prof R.K. Kohli. The resource person of this programme was Dr Aman Monga (M.Pt.), HoD Physiotherapy Department, Max Hospital, Bathinda. CUPB faculty, staff members and students from different departments attended this lecture.</p>	
	<p>National Voter’s Day 2020</p>	<p>To commemorate the National Voter’s Day, NSS Cell organised a declamation competition and administered the voters pledge on 25 Jan 2020.</p>	
	<p>World Cancer Day 2020</p>	<p>To mark World Cancer day Central University of Punjab (CUP), Bathinda, organized one-day Symposium on “Indian Traditional Medicine in Cancer Therapy and Prevention” on 4th February 2020. The program was organized by the Department of Biochemistry and Department of Human Genetics and Molecular Medicine. CUPB Vice-Chancellor Prof. R.K. Kohli presided over this programme. Prof. Baldev Kumar, Vice-Chancellor, Shri Krishna Ayush University, Kurukshetra, Haryana & Dr. Ashish Mehta, Dean Academic Affairs, Shri Krishna Ayush University, Kurukshetra, Haryana participated in this Symposium as Guest of Honor and Guest Speaker. Prof P Ramarao, Dean Academic Affairs, CUPB also</p>	

attended this programme. CUPB Faculty members and more than 200 students participated in this program

World Intellectual Property Day

The Institution's Innovation Council celebrated World IP Day on 26th April by organizing a poster making competition on the topic "Innovate for the Green Future". In light of the on-going Coronavirus pandemic, the competition was held through online mode. There were 10 entries for the poster making competition.

