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PUNJAB'S FIRST AVON CYCLE HUB INAUGURATED AT CT UNIVERSITY: A TRIUMPH FOR SUSTAINABLE TRANSPORTATION AND COMMUNITY WELLNESS



In a proud collaboration between CT University and Avon Cycles, Punjab's First Avon Cycle Hub was officially inaugurated today. This momentous occasion marks a significant step towards promoting sustainable transportation and fostering healthier lifestyles within the community. The Avon Cycle Hub serves as a symbol of the collective dedication of CT University and Avon Cycles toward building a greener and more sustainable future. This initiative seeks to establish a vibrant community of cycling enthusiasts and environmental advocates who share a common commitment to sustainable practices. The event was graced by a distinguished assembly of individuals who have made remarkable contributions to the fields of healthcare and wellness. Among the esteemed attendees was

Er. Sukhwinder Singh Bindra, the former Chairman of the Punjab Youth Development Board, is known for his dedication to youth empowerment. Additionally, Mr. Mandeep Pahwa, the Executive Director of Avon Cycles, lent his expertise to the occasion, highlighting the importance of sustainable transportation. Mr. Jatinder Singh, Director of Endico Power Tools and a passionate advocate for organ donation awareness brought his commitment to social causes to the forefront. The presence of Ms. Megha Jain celebrated as the First Asian Woman to cover an astounding 1500 kilometers on a cycle in just seven days, served as a powerful inspiration for cycling enthusiasts. Mr. Satwinder Singh, a Cycling Coach from the Sports Department of the Government of Punjab, shared insights into nurturing

cycling talent, while Mr. GD Kapoor, the Executive President of Avon Cycles, emphasized the role of the cycling industry in environmental conservation. Lastly, Mr. Aman Pathak, Senior General Manager - Sales & Marketing at Avon Cycles, showcased his dedication to promoting cycling and its manifold benefits. Together, these distinguished dignitaries enriched the event with their collective commitment to sustainable transportation and community wellness. Their esteemed presence added depth to the occasion, providing valuable insights into the holistic benefits of cycling for individual well-being and the environment. The event highlighted the pivotal role that cycling can play in shaping a healthier and more environmentally conscious community.



Enjoy The World From
The Seat of Your Bike



NEWS

CT University Collaborates with Medanta Hospital
to Host **Mega Health Check-up Camp**

In a significant partnership aimed at enhancing community well-being, CT University has joined hands with Medanta Hospital to host a Mega Health Check-up Camp. This comprehensive health event provided free consultations with distinguished orthopedic and cardiology specialists. The camp drew an impressive turnout, with more than 250 participants, including members of Manukhta di Sewa and the surrounding community. Leading the medical team were renowned Cardiologist, Dr. Rahul Yadav, and expert Orthopedician, Dr. Sonu Singh, both from Medanta Hospital. A dedicated team of 10 professionals, including Mr. Deshraj and Mr.

Raman Gupta, Camp Coordinators from Medanta Hospital, collaborated with students from the School of Pharmacy and Healthcare to ensure the seamless execution of the camp. A significant highlight of the event was the formal signing of a Memorandum of Understanding (MOU) to facilitate student training. This collaborative agreement signifies a pivotal step towards enriching the practical knowledge and hands-on experience of students in the medical field, enhancing their holistic learning journey. The event was graced by the presence of eminent dignitaries, including Chancellor Charanjit Singh Channi, Vice Chairman Harpreet Singh, Pro

Vice-Chancellor Dr. Abhishek Tripathi, Dean of the Department of Student Welfare Davinder Singh, Dr. Vir Vikram, Head of the School of Pharmaceutical Sciences, Mr. Munish, Assistant Professor, and Dr. Parminder Nain, Dean Academics at CT Group of Institutions. In his remarks, Vice Chairman Harpreet Singh emphasized, "We take immense pride in this collaboration, which not only benefits the local community but also provides invaluable practical exposure to our students. Such initiatives align perfectly with our commitment to holistic education and community engagement."

CT INSTITUTE OF MANAGEMENT AND IT LEADS **TREE PLANTATION DRIVE**
IN COLLABORATION WITH DISHADEEP NGO

The CT Institute of Management and IT proudly spearheaded a tree plantation drive within its campus. This meaningful event was organized in partnership with the NGO, Dishadeep, with the noble aim of conserving the Earth's precious natural resources and restoring equilibrium to the disturbed ecosystem. The inaugural tree was planted by Mr. Raman Arora, MLA Jalandhar, Dr. Yogesh Chhabra, Campus Director, and Chairman of Dishadeep, S.M. Lion Singh, and Dr.

Ramandeep Gautam, Assistant Director, symbolizing the commencement of the tree planting initiative. Subsequently, both faculty members and students enthusiastically participated, planting numerous trees across the campus and successfully concluding the tree plantation drive. Dr. Yogesh Chhabra expressed heartfelt gratitude to MLA Mr. Raman Arora and all esteemed guests for their invaluable participation in this noble cause.



Teej Celebrations at CT Public School: A Vibrant Tribute to Nature and Tradition



Teej, the festival that rejoices in the abundance of nature, the advent of monsoon rains, and the lush greenery, was celebrated with exuberance and reverence at CT Public School. The teachers of CT Public School came together to mark this occasion with great enthusiasm, embracing the rich customs and rituals that define Teej. The celebration was graced by our esteemed Chief Guest and Co-Chairperson CT Group, Ms. Parminder Kaur Channi, who received a

warm welcome from the Principal, Ms. Anuradha Chandel, Vice Principal Ms. Sukhdeep Kaur, and the entire staff. As a token of appreciation, a Teej souvenir and a sapling were presented to the Chief Guest. The teachers adorned themselves in traditional Punjabi attire, infusing the event with a touch of cultural authenticity. To reflect the vibrant Punjabi culture, the hall was adorned with swings and Teej-themed decorations.



CT College of Education Commemorates 77th Independence Day with Patriotic Fervor



The CT College of Education in Jalandhar celebrated the 77th Independence Day with unwavering enthusiasm and a deep sense of patriotism within the college campus. The event was marked by a cultural program that commenced with an inspiring address by Dr. Namesh Kumar, the Principal of CTCE. His words resonated with the significance of the freedom achieved by a nation like India and served as a powerful source of motivation for the audience. Dr. Kumar also underscored the pivotal role that the youth plays as the true wealth of the

nation. The students of CT College of Education contributed to the cultural program by presenting a series of performances that captured the essence of Indian Independence. These included captivating dance routines and dramatic portrayals of the lives of soldiers who have dedicated themselves to the service of the nation. Additionally, students recited poignant poetry and shared impactful quotes related to Independence Day. Furthermore, the students expressed their thoughts and views about the great leaders who led India to independence by creating

artwork, writing slogans, and crafting patriotic posters. The program reached its culmination with a medley of soul-stirring patriotic songs sung by the students, followed by the rendition of the National Anthem. This celebration not only honored the historical significance of India's independence but also highlighted the active involvement and dedication of the youth in preserving the values and spirit of freedom.



VARIETY

CT UNIVERSITY CELEBRATES 77TH INDEPENDENCE DAY WITH ZEAL AND DEVOTION



CT University marked the 77th Independence Day, celebrating 76 years of India's glorious freedom with unwavering zeal and fervor. Under the theme "Nation First, Always First," which resonates deeply with the overarching "Azadi Ka Amrit Mahotsav" celebration, the university paid tribute to the spirit of unwavering commitment to the nation. The campus radiated patriotism as the day commenced with a spirited march past, led by the NCC Cadets, NSS Volunteers, and students of CT University. This collective display of unity, discipline, and devotion was a testament to the university's commitment to instilling these values in its students. The event was organized by the Department of Student Welfare and the Directorate of Sports in collaboration with the NSS and NCC units. The highlight of the day was a captivating 77-minute cultural

extravaganza, where the vibrant diversity of the university community took center stage. The participation of 77 NCC Cadets and 77 NSS Volunteers added depth to the occasion. In line with the theme of growth and sustainability, 77 tree plantations were carried out, reaffirming the university's commitment to a greener and more sustainable future. A poignant moment was observed with 77 seconds of the Indian flag gracefully waving, symbolizing the deep-rooted reverence for the nation. The event also featured 77 face paintings that vividly portrayed India's cultural richness, showcasing the creative talents of the university's students. Chancellor CTU Charanjit Singh Channi delivered an inspiring speech, recognizing the contributions of the nation's builders and expressing heartfelt gratitude for their tireless efforts. He emphasized the

paramount importance of unity and dedication in the journey towards building a prosperous India. The celebrations concluded with a renewed pledge to serve the nation with unwavering dedication. The presence of Chancellor Charanjit Singh Channi, Vice Chairman Harpreet Singh, Pro Vice-Chancellor Dr. Abhishek Tripathi, Dean of Academics Avadhesh Gupta, Director of Planning and Development Dr. Ati Priye, Deputy Director of the Department of Student Welfare Davinder Singh, along with heads of all the schools, faculty, and students, added profound significance to the event. Chancellor CTU Charanjit Singh Channi stated, "Today, as we celebrate our 77th Independence Day, let us remember the sacrifices of our forefathers and strive to keep our nation's interests at the forefront. Our unity and dedication will pave the way for a brighter future."



CT Group of Institutions Enhances Skillset with USHA Sewing Machines Workshop

The Department of Fashion Design at CT Group of Institutions hosted an enriching workshop centered on USHA Sewing Machines. The workshop featured distinguished experts from USHA International Limited, including Mr. Maninder Pal Singh, Area Manager, Mr. Shahjeet, Sales Executive, and Mr. Sandeep Kumar, Sales Executive. Workshop participants learned about the latest line of Janome Sew Magic sewing machines, renowned for their versatility and their impressive repertoire of 30 stitch patterns. Additionally, the workshop delved into the Barbie and Allure Deluxe models, each boasting 21 unique stitch patterns suitable for a wide range of fabrics. The event took

on added significance with the presence and guidance of key figures, including Dr. Manbir Singh, Managing Director of CT Group of Institutions, Mr. Divoy Chhabra, Principal CTIHM, and Ms Deepika Miglani, Head of the Department of Fashion Design. Their words of encouragement highlighted the vital role such workshops play in refining the skillset of students and underscored their significance in the ever-evolving field of fashion. The workshop garnered active participation from the faculty members of the Fashion Design Department, ensuring that knowledge and insights were effectively shared with students.



GLIMPSE

Sukhraj Singh: CT World School Whiz kid's
Prodigious Quest for Limca Book of Records

Sukhraj Singh, an eighth-grade student at CT World School, recently embarked on a remarkable journey to etch his name into the prestigious Limca Book of Records. In recognition of his extraordinary talent, the school organized a special event to document Sukhraj's Limca Book record attempt, wherein he endeavored to solve the maximum number of Rubik's cubes within a mere 15 minutes. Sukhraj's exceptional skills and unwavering determination shone through as he impressively solved 49 Rubik's cubes in this brief time frame. Sukhraj has consistently

stood out as an exceptional student, renowned not only for his Rubik's cube prowess but also for his ability to concurrently play the piano—a unique talent that has earned him admiration from peers and educators alike. Even during the challenging period of the COVID-19 pandemic, Sukhraj's story emerged as a beacon of inspiration, demonstrating that passion for learning and self-improvement knows no bounds, even in the face of adversity. The event was graced by the presence of CTWS Principal, Ms. Amita Sharma, Vice Principal, Ms. Namitta

Malhotra, dedicated school staff, Sukhraj's father, and his fellow students. It served as a celebration of Sukhraj's remarkable achievement and a tribute to his unwavering commitment. In acknowledgment of Sukhraj's dedication, Ms. Sharma remarked, "Sukhraj stands as a shining exemplar of what can be achieved through hard work and unwavering dedication. His triumph underscores the remarkable power of determination, and we take immense pride in his accomplishments." Ms. Malhotra added, "Sukhraj serves as an inspiration to us all, and we are delighted to share in his success."

CT College of Education Takes a Stand Against
Ragging Through Creative Awareness Initiative

In a proactive effort to sensitize its student body about the perils of ragging and to cultivate a positive and safe atmosphere within its campus, CT College of Education, Maqsudan, Jalandhar, organized a Poster Making and Slogan Writing Competition. The central theme of the competition revolved around two powerful messages: "Ragging is Crime" and "Ragging-free Campus." The primary aim of this event was to instill in students the understanding that ragging not only violates the law but also stands as a reprehensible moral offense. Participants were encouraged to delve into the repercussions of engaging in or passively witnessing ragging, which can lead to legal

consequences and tarnish one's future. Furthermore, the event conveyed the message that raging victims often endure lifelong trauma, emphasizing the pivotal role students play in maintaining a peaceful, harassment-free learning environment. The competition witnessed enthusiastic participation from B.Ed semester III students who unleashed their creative talents and ideas, giving life to the theme. Through this initiative, CT College of Education is steadfast in its commitment to raising awareness against ragging and fostering a culture of mutual respect and support among its student community.



OPINION

The True Essence of Selfless Service: *Langar Sewa*



Article By:
Dr. Manbir Singh
Managing Director
CT Group

What epitomizes true secularism? It's a concept embodied in "Langar Sewa" – the tradition of selfless service through community kitchens. This noble practice traces its

origins to Mehta Kalu ji, Guru Nanak's father. Initially, Guru Nanak was entrusted with a sum of 20 rupees for a business venture, but he chose a different path. Instead of pursuing profit, he used the money to feed and clothe the hungry and destitute. Although this decision angered his father, it marked the beginning of Guru Nanak's crusade against

the oppression faced by those of humble origin at the hands of the privileged. Guru Nanak's Langar became a cornerstone of this sacred mission, a practical step to eradicate the social ills plaguing the Indian populace. The institution of the free kitchen laid the foundation for principles of equality and fraternity.



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KHALSA AID

Today, this sacred tradition is faithfully observed in all Sikh places of worship. For instance, the Golden Temple, a shining example, boasts a dedicated team of 500 staff members, sprawling 50,000 square feet of dining halls, and hosts a staggering 100,000 visitors daily. This daily influx of devotees illustrates the deep-rooted significance of this tradition in the Sikh faith. Another remarkable example is the courageous team at Khalsa Aid. Their humanitarian endeavors extend far and wide, from providing essential supplies to drought-stricken regions in Africa, offering aid to victims of earthquakes in Turkey and Syria, to distributing Langar aid in the UK. Their fearlessness and

determination demonstrate that the spirit of selfless service knows no geographical bounds. However, "Sewa" extends beyond just providing free food. At its core, "Sewa" encompasses any selfless act. Worldwide, countless individuals dedicate their days to extending kindness, care, and devotion through seemingly small yet profoundly impactful actions. Local initiatives like the Youth Voice Foundation and Akhri Umeed exemplify these principles. Embracing the quintessential Indian value of helping the less fortunate, the Youth Voice Foundation tirelessly initiates, develops, and launches projects aimed at bringing positive change to society. They celebrate three years of responsive local

initiatives that empower a resilient and secure society. From projects assisting patients in need of surgery and medicines to providing essential services to the less fortunate and promoting youth education, the Youth Voice Foundation has made significant strides in enhancing human potential. During the pandemic, Akhri Umeed emerged as a beacon of hope. They provided essential goods, clothing, and medicines, and offered ambulance services at an affordable price of just eleven rupees. In response to the heart-wrenching abandonment of the deceased during the pandemic, they initiated "sanskaar sewa," resulting in the dignified cremation of 530 abandoned bodies. This service is provided

free of cost to the families of the deceased, offering solace during trying times. "Sharing is caring," as the saying goes, but how many of us truly embrace the spirit of selfless giving and contribution? How many can proudly say they've done their part? Langar Sewa epitomizes selfless service, embodying the idea of service above self. There's someone in need on every corner, someone whose life could be significantly improved with a small act of kindness. Yet, in our fast-paced lives, we often overlook opportunities to be kind to others. Let us unite and rekindle our commitment to humanity and selflessness.

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HONOUR

CT World School Shines in Science Olympiad Foundation 2022-23 Results



The students of CT World School have once again showcased their exceptional talent and dedication by achieving remarkable results in the Science Olympiad Foundation (SOF) examinations for the academic year 2022-23. The school is immensely proud to announce the outstanding achievements of its students in various categories. International Mathematics Olympiad (IMO): In the highly competitive International Mathematics Olympiad (IMO), Ryan, a third-grader, secured the coveted Gold Medal, demonstrating his exceptional aptitude for mathematics. National Science Olympiad (NSO): Pranav, another young prodigy from CT World School, earned a Gold

Medal in the National Science Olympiad (NSO), showcasing his outstanding knowledge and passion for science. International General Knowledge Olympiad (IGKO): The eighth-grade students Pratham Garg and Jaskaran Singh demonstrated their brilliance by achieving remarkable results in the International General Knowledge Olympiad (IGKO). Pratham Garg clinched a Gold Medal, a cash prize of ₹5000, and a Distinction Certificate. Jaskaran Singh earned a Zonal Silver Medal, a cash prize ₹2500, and a Distinction Certificate. General Knowledge and English: Adding to the accolades, Tarandeep Singh, also in eighth grade, achieved a Distinction Gold Medal, showcasing his expertise in both

general knowledge and English. IGKO and IEO: Former student Abhayjeet Singh, now an alumnus of CT World School, continued to shine. He secured a Zonal Silver Medal in IGKO and excelled in the International English Olympiad (IEO), earning a Distinction Gold Medal and a cash prize of ₹2500. These exceptional achievements are a testament to the hard work, dedication, and academic prowess of the students at CT World School. The school takes immense pride in nurturing young minds and providing them with a conducive environment for academic excellence.

The Dean's Research office is delighted to extend heartfelt congratulations to PhD scholar Mr Sukhraj Singh (Education) and Dr Kuldeep Kaur Grewal (Supervisor) and Dr Sarbjit kaur Ranu (Co-Supervisor) on successfully conducting the Final Defense presentation of the PhD. Thesis. Their remarkable achievement is a testament to their unwavering dedication and hard work in the field of research.



Congratulations once again!

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Here are a few glimpses of an unshakable mettle.