

CEE Tee World

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CT University Organises 'Rubaru'

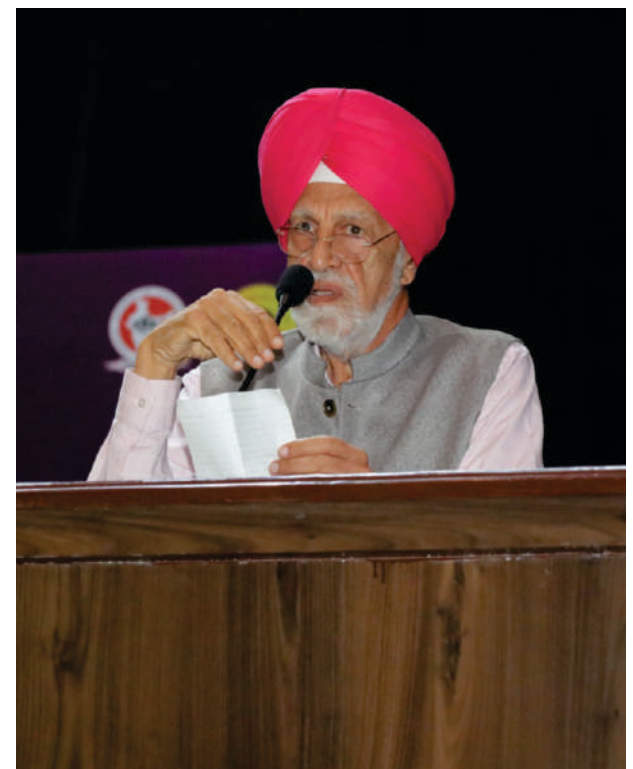
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CTIEMT Celebrates NAAC Grade A Accreditation with Management, Staff and Faculty in A Grand Ceremony



CT Institute of Engineering, Management, and Technology (CTIEMT) recently achieved a significant milestone by securing the most prestigious NAAC Grade A accreditation. To commemorate this achievement, the management and staff of CT Group came together for a series of celebratory ceremonies, honoring the dedication and hard work of all stakeholders involved. The event was graced by esteemed members of the management, including the Chairman of CT Group, Charanjit Singh Channi, and Managing Director, Dr. Manbir Singh. Vice

Chairman Harpreet Singh also joined in to commend the efforts of the committees responsible for this remarkable feat, delivering heartfelt speeches that resonated with gratitude and appreciation. Among the distinguished guests were core committee members, including the Director of Campus Dr. Gurpreet Singh, and the Director of Research and Planning Dr. Jasdeep Kaur Dhami. Their tireless efforts and strategic planning played a pivotal role in securing the coveted accreditation. The celebratory atmosphere was further enhanced by the presence of faculty members, both teaching

and non-teaching, whose unwavering dedication contributes to the success and reputation of CTIEMT. Chairman of CT Group, Charanjit Singh Channi, expressed his profound gratitude to everyone involved in achieving this milestone, stating, "The NAAC Grade A accreditation is a testament to the collective efforts and unwavering commitment of our entire team. It reflects our relentless pursuit of excellence in education and serves as a beacon of our dedication to providing quality education to our students."



NEWS

CT Career Carnival Draws Over 1400 Attendees for Student, Parent, Teacher Connect Program



CT Group proudly announces the resounding success of its Career Carnival's Student, Parent, Teacher Connect Program, which attracted a diverse crowd of over 1700 individuals from near and far. Held at CT World School, the carnival offered a multifaceted experience, featuring various zones and free camps aimed at empowering and enriching society. The carnival's "Placements For All" zone provided attendees with valuable insights into advancing their careers, showcasing CT Group's national and international tie-ups and employment opportunities across all six verticals: CT Group North and South Campus, CT World School, CT University, Collegiate (Shahpur Campus), and CT Global Education Services. Attendees benefited from free dental, eye care, and legal aid camps, in association with DLSA, as well as physiotherapy sessions, all aimed

at promoting health and well-being within the community. Additionally, workshops on training for NEET/JEE/GATE and SSB exams and a Happiness Session led by the founder of Parindey, Rajan Syal provided valuable learning opportunities for aspiring students. Students from renowned regional schools such as Innocent Hearts, Krishna Play School, Kamal Field School, DPS Phagwara, Dayanand Model School, Cambridge Hoshiarpur, Cambridge International, Ivy World School, DCM Ludhiana, Apeejay School, and State Public School showcased their talent, creativity, and innovation in various competitions, including calligraphy, chess, doodle art, and mom-and-me activities. The event also featured galleries dedicated to art, architecture, and robotics, providing attendees with immersive and inspiring experiences. Distinguished guests, including

sarpanches, heads of esteemed institutions like the National Institute of Technology, Jalandhar, and principals of regional schools, graced the occasion with their presence. Among the dignitaries present was the Chairman of CT Group Charanjit Singh Channi, Co-Chairperson Parminder Kaur, Managing Director Dr. Manbir Singh, Vice Chairman of CT Group Harpreet Singh, Joint Managing Director Tanika Channi, and Dean of Student Welfare Dr. Arjan Singh. Commenting on the success of the event, Chairman of CT Group Charanjit Singh Channi expressed his delight, stating, "The overwhelming response to our Career Carnival reaffirms CT Group's commitment to providing holistic educational experiences and opportunities for growth. We are proud



CT Group of Institutions Hosts Spectacular Annual Fashion Show "The Runway 2024"



The Department of Fashion Design at CT Group of Institutions, Jalandhar, held its highly anticipated annual fashion show, "The Runway 2024," at the esteemed Sardarni Manjit Kaur Auditorium. The event brought together a diverse array of innovative designs and creative talent from the fashion design students. This year's fashion show showcased an eclectic mix of themes, each highlighting the unique creativity and inspiration of the participating students. Drawing from global fashion trends, the collections presented pushed the boundaries of traditional fashion, promising a vibrant celebration of creativity and style. The event featured a wide range of collections, including streetwear, kids' wear, Indian traditional attire, draping dresses, and sustainable fashion pieces. It served as an

excellent platform for students to showcase their talent and connect with industry professionals and fashion enthusiasts. The highlight of the event was the announcement of awards in various categories, recognizing outstanding models and designers for their exceptional contributions. Notable winners included Sunaina and Sangeeta for Beauty Heaps, Harshdeep and Sangeeta for Corporate Chic, Harkirat and Yashika Sharma for Elegance Emporium, Karamjit, Manu Rai, Nishu Kumari, and Rajwinder Kaur for Urbanian Collection, Mannat and Simran for Fashion Buds, Kalpana, Palak, Nishu, Gurleen, Gursharan Deep Singh, Sangeeta, Radha, and Lakhmi for Tarza Andaz and Best from Trash, and Ranjna and Anamika for The Gujarati Rung. The front row of the event was graced by notable

celebrities and influencers, including renowned dance sensation, Gaggun Bedi as the Chief Guest and Judge, Stylist, Shailja as the Guest of Honor and Judge, Makeup artist duo Chandan Vani as the Guest of Honor and Judge, and budding artist Sukhman Arneja as the Guest of Honor and Judge. Their presence added to the glamour of the occasion, witnessing the fusion of fashion and sustainability. Dr. Manbir Singh, Managing Director of CT Group, Ms. Tanika Channi, Joint Managing Director, Divoy Chhabra, Principal, Mahesh Khadwal, and Deepika Miglani, HOD of the Fashion Design Department, CTIHpM, CT Group of Institutions, encouraged and motivated the students, emphasizing the importance of such fashion shows in honing their skills.



CT University Hosts 'North East Rendezvous'

CT University organized the "North East Rendezvous" picnic, bringing together students from various campuses for a day filled with cultural exchange, fun activities, and delicious cuisine near Sidhwan Bet. 100+ Students from eight states, including Sikkim, West Bengal, Manipur, Nagaland, Arunachal Pradesh, Assam, Tripura, Meghalaya and Mizoram, studying in all the campuses of CT Group participated in the event. Under the guidance of Pro Vice Chancellor Dr. Abhishek Tripathi, Dr. Rohit Sharma (Principal of CT College, Jalandhar), and Sanjay Sharma (Senior Manager, CT University), the picnic was a vibrant celebration of North East culture and camaraderie. Attendees had the opportunity

to showcase their culinary skills by preparing traditional dishes from their respective states. The atmosphere was filled with laughter and joy as students engaged in various games and activities. The highlight of the event was the mesmerizing folk songs of Mizoram, which captivated the crowd and showcased the rich cultural heritage of the North East region. Dr. Tripathi, in his address, encouraged the students to embrace diversity and foster unity among different communities. He actively participated in the festivities, joining the students in their merry-making moments. The "North East Rendezvous" picnic served as a platform for students to forge new friendships, exchange cultural insights, and create lasting memories.



VARIETY

STUDENT PARENT  TEACHER CONNECT PROGRAM



GLIMPSE

CT University Organises 'Rubaru'



Department of Student Welfare, CT University organised vibrant and spirited Fresher's Party, 'Rubaru'. The event was a jubilant celebration of diversity, as multicultural students converged to infuse the evening with their collective energy. The atmosphere buzzed with excitement as students immersed themselves in a plethora of activities, including dance, music, and a captivating fashion show, creating an ambiance of camaraderie and joy that will be remembered for years to come. Welcoming students from 22 states and 10

countries, the 'Rubaru' party served as a melting pot of cultures, fostering harmony and appreciation among attendees. From the enchanting Ganesh Vandana to the mesmerizing dance performances and soulful singing, the event showcased the immense talent and creativity of our student body. Adding to the grandeur of the occasion, the star-studded presence of the 'Jeonde Raho Bhoot Ji' cast, featuring renowned actors Binnu Dhillon and Bhawna Sharma, elevated the excitement and glamour of the event to new heights.

Boipaballo Matsoele won the title of MISS FRESHER and Ayush won the title of MR. FRESHER



Distinguished District Bar Association Jalandhar Members Preside as Judges in CT Institute of Law's Moot Court Competition



The CT Institute of Law recently organized an Intra-Departmental Moot Court Competition at their Moot Court Room, showcasing the legal prowess and advocacy skills of its students. The event witnessed enthusiastic participation from a total of 16 teams, each comprising three participants – two mooters and one researcher. After intense rounds of argumentation and deliberation, the team comprising Harsharan Kaur, Ekjot Kaur, and Ayush Khurana emerged victorious, earning the title of winner. Meanwhile, Babita,

Komal, and Arshdeep Kaur were recognized as the first runners-up for their commendable performance. Distinguished members of the District Bar Association Jalandhar, including Adv. Sahil Malhotra, Adv. Abhinav Nanada, Adv. Kunal Goel, and Adv. Suraj Chadha graced the inaugural function as Chief Guest. In their addresses, the advocates emphasized the significance of moot court competitions in honing the skills and mindset of budding legal professionals. They highlighted that such competitions provide invaluable experience and prepare

students for the challenges of the legal profession, instilling critical thinking, advocacy, and analytical skills. The event also recognized Ekjot Kaur, a student of B.Com LLB semester-VI, as the recipient of the Best Mooter award, acknowledging her outstanding performance and eloquence in presenting legal arguments. Vice Chairman Harpreet Singh and the Director of Campus extended their heartfelt appreciation to all the distinguished members of the District Bar Association Jalandhar, as well as the attendees, participants, and guests.

OPINION

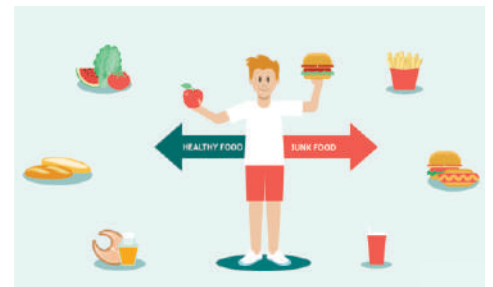
DEMYSTIFYING FOOD MYTHS: NAVIGATING THE TRUTH BEHIND DIETARY TRENDS



Article By:
Dr. Manbir Singh

In a world inundated with health advice and dietary trends, it's essential to

discern fact from fiction amidst the labyrinth of information. Let's delve into some prevalent myths and shed light on the truth behind these dietary trends.



Lactose Intolerance: Clarifying Misconceptions

One prevalent myth surrounds lactose intolerance, often misunderstood as a dairy allergy. Contrary to belief, lactose intolerance doesn't equate to an allergy and can often be managed with moderation or lactose-free alternatives.

The Vegan Dilemma: Separating Fact from Fad

While a well-planned vegan diet can offer health benefits, ensuring adequate intake of essential nutrients like vitamin B12 and iron is crucial. Blindly following trendy diets can lead to nutritional deficiencies if not properly balanced.

Beware of Unhealthy Fads

Fad diets promising quick fixes often lack scientific evidence and can pose long-term health risks. Instead, focus on sustainable eating habits that prioritize overall well-being over temporary results.

Social Media Influence

Social media platforms often propagate food myths and misinformation, leading many to follow trendy diets without proper understanding. Seek guidance from healthcare professionals rather than influencers for sound dietary advice.

The Pitfalls of Diet Trends

Every year, countless diet trends emerge, but not all are sustainable or beneficial. Prioritize mindful eating and listen to your body's cues rather than succumbing to societal pressure or fleeting fads.

Understanding Individual Needs

Tailor your nutrition plan to your unique needs and preferences, consulting with healthcare professionals for personalized guidance. Optimal health requires informed decision-making and a holistic approach to nutrition.

In conclusion, debunking food myths necessitates critical thinking and reliance on scientific evidence. By prioritizing balanced, nutritious food choices and personalized dietary plans, we can navigate the complex landscape of dietary trends with confidence and clarity. Remember, informed decision-making is the cornerstone of optimal health.



Vidhya Arambh Ceremony at CT Sunshine Kindergarten Wing



The cheerful corridors of CT Sunshine were once again filled with laughter and excitement as the tiny tots of the Kindergarten wing returned for the start of a new session. Welcoming them back with open arms, the Principal, Mrs. Anuradha Chandel, and Vice-Principal, Mrs. Sukhdeep Kaur, led the school in a warm reception to celebrate the beginning of this exciting journey for the young learners. Decked in vibrant colors and adorned with balloons, the

Kindergarten wing radiated an atmosphere of warmth and enthusiasm. As the students stepped into their classrooms, they were greeted by their teachers with beaming smiles and open hearts, ready to guide them through the wonders of learning and discovery. The Principal and Vice-Principal, in their welcome address, emphasized the importance of curiosity, creativity, and kindness, encouraging the students to embrace each day with a sense of wonder and

joy. They assured the parents of a nurturing environment where every child's potential would be fostered and celebrated. With a promising start to the new session, CT Sunshine Kindergarten Wing sets sail on a journey filled with learning, laughter, and endless possibilities, laying the foundation for a bright and successful future for its young stars.

HONOUR



CT Short Film Festival Attracts a Record-Breaking 100+ Entries from Punjab, Highlighting Region's Vibrant Filmmaking Community



The Short Film Festival at CT Group was a resounding success, celebrating the art of short filmmaking and featuring a wide array of talent from established and emerging filmmakers. With over 100 captivating short films, including 2D animation, 3D animation, VFX, and documentaries, the festival offered a rich and immersive experience for film enthusiasts and industry professionals alike. From thought-provoking dramas to innovative documentaries and captivating animations, the festival's lineup reflected its commitment to showcasing diverse cinematic storytelling. The festival also recognized

outstanding talent with awards presented to the following winners: VFX First position: Rahul Raj from Chandigarh University, 3D Animation First position: Ajaypal from Chandigarh University, 2D Animation: Hardeep Singh from Lovely Professional University, Student Short Video: Hemani from Doaba College, and Documentary Video: Priyanka from Chandigarh University. The event was graced by esteemed guests and influencers including Kulraj and Dewang Sethi, as well as architects Ar. Manmeet and Ar. Naina Singh. Renowned filmmaker Gurkaran Singh and HOS University, Manan Sharma served as the judges for the festival. Dignitaries

present at the event included Managing Director, Dr. Manbir Singh, and Joint Managing Director, Tanika Channi, who lauded the exceptional talent showcased at the festival. The enthusiastic participation of students and faculty members further contributed to the festival's success. Dr. Manbir Singh, Managing Director of CT Group, commented, "The Short Film Festival was a testament to the creativity and talent of our students and filmmakers. We are proud to provide a platform for showcasing their work and nurturing their passion for filmmaking."

CT SHORT FILM FESTIVAL

CT University inaugurates CTU Swimming Academy



CT University is proud to announce the grand opening of the CTU Swimming Academy, marking a significant milestone in the institution's commitment to fostering excellence in sports and athletics. The inauguration ceremony was graced by the presence of esteemed Chief Guest, International Swimmer Chahat Arora, whose remarkable journey in the world of swimming has inspired countless individuals. Her presence at the event served as a beacon of motivation for aspiring

swimmers and underscored the importance of dedication and perseverance in achieving success. Chancellor Charanjit Singh Channi, Vice Chairman Harpreet Singh, Pro Vice Chancellor Dr. Abhishek Tripathi, Dean Academics Dr. Simran, and Director, Department of Student Welfare Davinder Singh were among the dignitaries present at the ceremony. The CTU Swimming Academy aims to provide world-class training facilities and coaching expertise to nurture the talents of budding swimmers.

CT Public School Commemorates World Heritage Day with Educational Activities



Every year on April 18, people celebrate World Heritage Day, also known as the International Day for Monuments and Sites. This day is dedicated to promoting the importance of cultural heritage and raising awareness about the need to preserve historical sites and monuments across the globe. The day celebrates the unique and diverse cultural heritage across the world and encourages people to appreciate and safeguard it for future generations. Students of CTPS celebrated this day through

different activities such as Poster Making, Quiz Competition and PPT. Our worthy Principal, Mrs. Anuradha Chandel appreciated the efforts of Students and faculty of Social Science Department, who guided the students.



BACK PAGE

CT Group Hosts Virsa Sambhal Gatka Performances, Celebrating Punjab's Rich Cultural Heritage, with Special Presence of Sartaaaj and Neeru Bajwa



CT Group proudly organized the Virsa Sambhal Gatka Performances, a vibrant celebration of Punjab's cultural heritage and martial traditions, coinciding with the auspicious occasions of Baisakhi and Khalsa Panth Sajna Diwas. The celebrations were further enhanced with special performances by renowned artists Sartaaaj and Neeru Bajwa, who mesmerized the audience with their captivating presence, adding an extra layer of excitement and entertainment to the event. The event witnessed the participation of regional teams

from various cities, including Baba Fateh Singh Gatka Akhara, Meeri Peeri Gatka Akhara, Amitoj Gatka Sports Club, Punjab Gatka Academy, and Sher Khalsa Gatka Akhara. The performances showcased the skill and prowess of participants in the traditional martial art of Gatka, reflecting the valor and spirit of Punjab's martial history. Teams displayed their expertise in a series of dynamic performances, captivating the audience with their agility, precision, and discipline. Bhawanjeet Singh ji, President Doaba Zone, Khalsa Gatka Federation of

India, Tarna Dal, and Hariya Bela made his presence at the event. Dr. Paramjit Singh Ji Saroya, Secretary SGPC, Doaba, and Malwa Zone, graced the event as the Chief Guest, honoring the occasion with his esteemed presence. Harpal Singh Jalla, Ex. Vice President, of SGPC, also attended as the Guest of Honor, adding to the significance of the event. "We are delighted to host the Virsa Sambhal Gatka Performances, which serves as a tribute to Punjab's rich cultural heritage and martial traditions," said Harpreet Singh, Vice Chairman at CT Group.



Global Water Crisis: A Looming Threat to Two Billion People



- *Two billion people lack access to safe drinking water globally.
- *Half of the world's population faces severe water scarcity annually.
- *Climate change and population growth exacerbate water scarcity.
- *Only 0.5% of Earth's water is available fresh water.
- *Terrestrial water storage has declined by 1 cm per year over the past two decades.
- *Meltwater reduction from mountain ranges threatens water availability.
- *Sea-level rise contributes to groundwater salinization in coastal areas.
- *Limiting global warming to 1.5°C could halve the population facing water scarcity.
- *Climate change impacts water quality, increasing pollution levels.

