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# LOVELYWORLD

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## AMAZING TIE-UP AT LPU

We are pleased to inform that LPU has signed an MoU with Capgemini, global leader in consulting, digital transformation and technology.

## 3 CHEERS FOR TEAM CSE

Vertos from the School of CSE took first place in Incredible 8 (LPU's Inter-School Vaccination Awareness Competition)



# LPU CONDUCTS OFFLINE FRESHMEN INDUCTION FIRST SINCE LOCKDOWN



LPU organized four day 'Freshmen Induction Programme-2021' at its campus. This much elaborated and informative Induction Programme for 'Offline Classes' was specifically designed for 1st year and 2nd year students in their physical presence mode. Thousands of new students from all Indian states and other countries grasped about the culture, security, safety, academic rules/regulations, placements, discipline, hostels and more at the university.

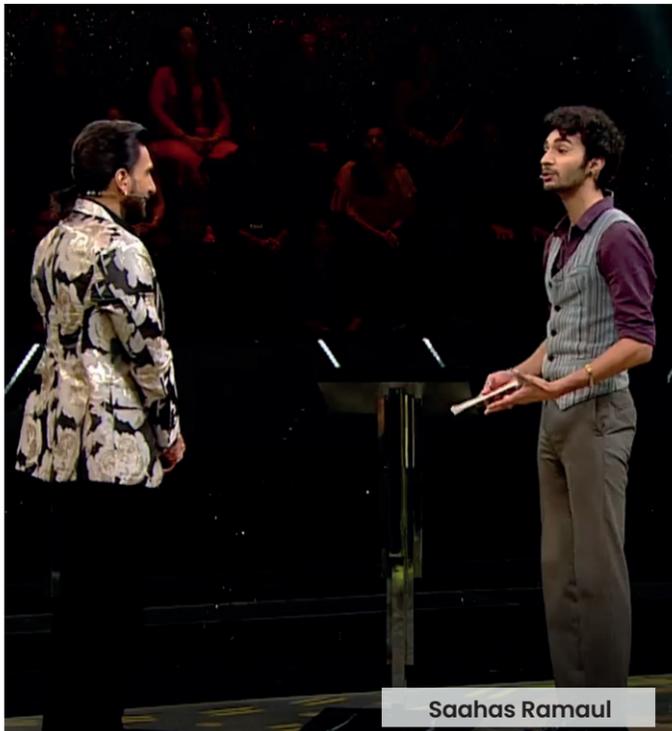
It was for the first time since Lockdown was announced in India that LPU called students from far and wide to take part in Freshmen Induction

This was the first gathering of the students at the campus to make it lively once again through their presence and varied activities. In

this regard, precautionary measures against the COVID-19 were observed to maintain a healthy environment for all at the campus.

The Induction Carnival held at the Campus provided students with celebrations of new beginnings, lifelong friendships. Senior students had also designed many ice-breaking sessions to energize them for exhibiting their individual potential. A special doubts clearing session was for accompanying parents to satisfy their ifs and buts, if any.

## LPU VERTO AT COLORS TV WITH RANVEER SINGH



Saahas Ramaul

Saahas Subodh Ramaul has pursued MBA from LPU and is currently doing his PHD

LPU student Saahas Ramaul shared the big screen with Bollywood superstar Ranveer Singh at Colors TV show The Big Picture. Saahas was the only student selected from all universities nationally. The show was aired on ColoursTV and Voot OTT platform. Ranveer was wonderstruck about the LPU student especially because of his immeasurable dexterity. He indeed accepted a book penned by Saahas as a kind gesture and said that Saahas is an all-rounder and young India's shining star.

The Big Picture is a visual-based next-generation quiz show that gives the audience a chance to win a fortune. The show is hosted by Ranveer Singh. With the assistance of three lifelines, the contestant needs to answer 12 visual-based inquiries to win the prize

He will be joining IMA, Dehradun very soon for his training and then he will be commissioned in the Indian Army

money. The show tests the knowledge and visual memory of the contestants.

Saahas Subodh Ramaul is an alumnus of LPU who has pursued MBA from LPU and currently doing his PHD. He was a member of the LPU's Literary Society and has made us all proud by winning the first prize at the educationally engaging simulation, Model United Nations 2019 held at Chandigarh. He has also hosted the 106th Indian Science Congress of India, which was inaugurated by Prime Minister of India Shri Narendra Modi.

## LPU student's firm Onedesign earns all-round, global fame



Satya Subham Rout

People with great passion can make the impossible happen."

While we all have heard this numerous times, for LPU B.Tech. Mechanical Engineering student Satya Subham Rout,

it has a different meaning all together. He not only memorised this quote by heart but made this his motto too. Though he holds a degree in Mechanical Engineering, he can be classified majorly as a marketer, designer, brand, and creative strategist.

While staying at LPU, he worked with MNCs like Godrej, BookMyShow etc where his job was to design annual reports, today he is the Founder and Creative Director of Onedesign, a design house based in New Delhi and Dubai, with a clientele in Odisha, West Bengal, Jharkhand, etc.

Starting just with Rs. 2500, he has taken his business to huge success with turnover of about Rs. 50 lakhs!

## WE'RE THE VERTOS

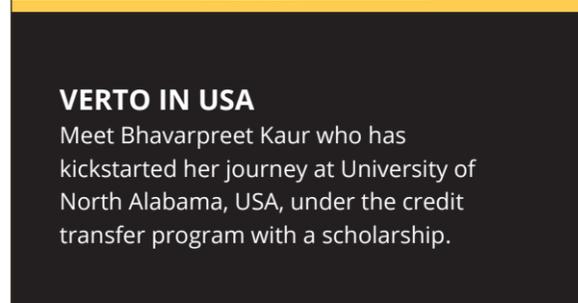
They are back to spreading positivity. We've picked some students who have done exceedingly well in recent times



1

### CANADIAN JOURNEY

LPU B.Tech. CSE student Paramjit Singh has kick-started his journey at Trent University, Canada, under our Credit Transfer Program.



### VERTO IN USA

Meet Bhavarpreet Kaur who has kickstarted her journey at University of North Alabama, USA, under the credit transfer program with a scholarship.



2

### INTERNATIONAL SCHOLAR

Meet our B.Design (Fashion) student Agrani Anand who is studying in Spain with 100% scholarship at University of Coruna under the semester exchange program.



3

### USA CALLING

LPU Computer Science students have kickstarted their journeys at Rowan University, USA under our Credit Transfer Program with desirable scholarships



4



Harsh Pandey

## LPU student Harsh Pandey selected for entrepreneurship programme

Harsh Pandey, a student of B.Tech. CSE, has been selected in the Entrepreneurship Development Programme under Skill Vigyan program, Ministry of Science and Technology, Government of India. It is a prestigious program witnessing the applications of over thousands of students and selecting just a few, in this case, just four

applicants. Harsh Pandey is one of the four applicants who got selected for this programme and we can't be more proud!

Harsh Pandey has been a 'technical' kid from childhood as he was the first one to be called up for solving technical issues with phones and laptops. Now, he has started developing innovative software, voice assistant

applications, mobile apps, web applications and designing due to his love for computers. He also runs a podcast show where he interacts with multiple people and learns something new every day!

He believes entrepreneurs do have the capability to change and shape the world with the evolution of smart businesses and adaptable skills.



## NOW, KHEL RATNA FOR LPU VERTOS

Major Dhyan Chand Khel Ratna Award given to 12 sportspersons, including LPU student and India's Golden Boy Olympic medalist Neeraj Chopra, and Manpreet Singh, LPU student and captain of Indian Hockey team. Glimpses of their greatness...



## LPU Vertos and hockey players receive Arjuna Award for Olympic glory

We are incredibly proud to say that our Vertos aka Indian Men Olympic Hockey Team Players have been revered with the prestigious Arjuna Award. Arjuna award is given for glorious Performance in Sports and Games and its main aim is to ameliorate the quality of sports within the country. The awardees received their awards from the President of India Mr Ram Nath Kovind at a specially

7 LPU students from Indian Hockey team received the award

organized performance at the Darbar Hall of Rashtrapati Bhavan.

We have seven Arjuna awardees -- Harmanpreet Singh, Samsher Singh, Varun Kumar, Rupinder Pal Singh, Dilpreet Singh, Mandeep Singh, Simranjeet

Singh. Each of these players has played a pivotal role in India's historic Hockey Bronze Medal win in Tokyo Olympics 2020.

Harmanpreet Singh is an extremely talented Indian Hockey Player. While Rupinderpal Singh, Mandeep Singh, Shamsher Singh, Simranjeet Singh, Dilpreet Singh and Varun Kumar are Indian field hockey players who play as a forward for the Indian national team.

## LPU alumni receives Bharat Youth Award 2021



Durvesh Yadav

Everybody wishes to succeed, but only a few individuals are able to do so - LPU alumni Durvesh Yadav is among those who despite all odds in their life have succeeding in making their dream come true.

While he loved reading uplifting films and books such as Think and Grow Rich, he wanted to create his own path and do something different.

His book has seen a massive interest, and within a few weeks, it became an Amazon top seller

Soon Durvesh came up with the book "What They Don't Teach Us", "a book to assist young people to comprehend what no one teaches them in society, school, or college".

Since its release, the book has seen a massive interest of teenagers, and within a few weeks, it became an Amazon top seller, while also receiving support from a number of Bollywood celebrities.

Recently, Durvesh has been recognized by "Bharat Youth Award 2021", which identifies and recognizes youth leaders doing incredible work towards the betterment of society.

# LPU hosts Jr N'tnal Wushu Championships 2021-22

The championship saw teams from all across India taking part. Manipur lifted Manipur lifted the overall trophy of the championship



20th Junior National 'Wushu' Championship at LPU Campus saw over 1500 sportsmen-women from across all States of India

LPU recently hosted the 20th Junior National 'Wushu' Championship for boys and girls at its campus. Organised by Punjab Wushu Association under the aegis of Wushu Association of India, the six-day championship saw 1500+ sportsmen-women from across all states of India.

The championship saw fights in two types of Wushu - Sanda & Taolu - and the competition was held in

nine weight categories - 45Kg, 48Kg, 52Kg, 56Kg, 60Kg, 65Kg, 70Kg, 75Kg, 80Kg for boys and five of 45 Kg, 48Kg, 52Kg, 56 Kg, 60 Kg for girls. With 26 gold, 17 silver and 12 bronze medals in both categories Manipur lifted the overall trophy of the championship.

In the Sanda form of the game Haryana won 15 gold, 5 silver and 3 bronze medals and got first position in the form; Manipur won 4 gold, 3 silver and 6 bronze at second place;

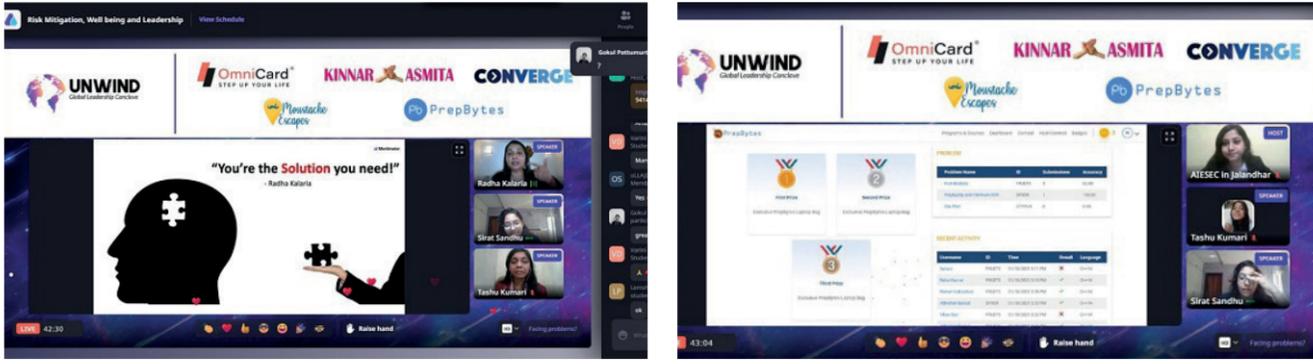
With 26 gold, 17 silver and 12 bronze medals in both categories Manipur lifted the overall trophy of the championship.

whereas, Uttar Pradesh won 3 gold and 4 silver medals only and remained at third position. In Taolu form

Manipur won 22 gold, 14 silver and 6 bronze medals to be at first position; Madhya Pradesh won 8 gold, 4 silver and 4 bronze medals for second; and, for third position Maharashtra won 4 gold, one silver and 2 bronze medals.

Chief Guest of the Day Shri Raj Pal Singh Sandhu (IPS) Commandant 7th Bn PAP Jalandhar congratulated all the winners & participants. He also appreciated LPU as a magnificent host and motivator of sports.

## GLOBAL LEADERSHIP CONCLAVE 2021 ORGANISED BY AIESEC IN LPU



**W**e, humans, always love being a part of the community. It has been engraved into our psychology that we are strong as a community.

To entertain this feeling of love, fraternity, and community, AIESEC in Jalandhar, under the aegis of the Division of Student Welfare, LPU organized Unwind: The International

The event was a huge international event with people from all ethnicities present on a single platform. The first speaker was Ms. Radha Kalaria, ICF Certified Executive Coach & Consultant and Keynote Speaker. She talked about the ways to transform oneself.

Leadership Conclave 2021 on 31st October 2021. The event was a huge international event with people from all ethnicities present on a single platform. The event started out with an introduction

to AIESEC, where the participants were told about the core values of AIESEC.

The first speaker was Ms. Radha Kalaria, ICF Certified Executive Coach & Consultant and Keynote

Speaker. She talked about the ways to transform oneself into a leader.

This space was hosted by Mr. Siddharth Anantharam, alumni of AIESEC, Founder of LIFE CIRCLES, Master Coach at Evercoach by Mindvalley, TEDx Speaker, and ICF Professional Certified Coach.

The next space was called "Beyond Borders," where the participants met different leading personalities around the world.

## LIVE TALK SHOW WITH PARALYMPIC ATHLETE ZION CLARK



Zion Clark

Student organization, Griffin, came up with another episode of The Griffin Show with a distinguished personality, Zion Clark. He is a US Paralympic Track & Field Athlete, (100m and 200m), Javelin Thrower, All-American Division 1 College Wrestler, Musician (Plays Drums, Piano, Trumpet & Guitar), Motivational Speaker, author, and also a Guinness record holder.

Zion Clark added that the happiest day of his life was the day when he got adopted

During the pandemic, he made sure that he trained for wrestling regularly, delivered many motivational speeches via online platforms, and even wrote a book. Zion's childhood was not at all easy and had to overcome many hurdles. From childhood itself, he aspired to be an athlete. When he was around 7, he came across a flyer and took it to his foster mom. That's how his journey towards greatness started and this became therapeutic for him. The thing that he loved the most about wrestling was that he was treated as an equal by both his teammates and coach, right from the beginning. His coach never let him sit out for anything. He also added, "I completely tried my hardest and when I go up against somebody, I try my best and see how far I can take it. Whether I would win or lose, I was having a good time."

After being in the foster system for a long time, he got adopted at the age of 16 and he expressed his gratitude to his mother and also said that she is the best thing that could have happened to him. He added that the happiest day of his life was the day when he got adopted.

## TEAM CSE WINS ONLINE CAMPAIGN INCREDIBLE 8

The Vertos of the School of Computer Science and Engineering has achieved a remarkable feat in serving the nation for a better purpose, and I am writing to express my heartfelt congratulations on this accomplishment. I am sure you will be pleased to learn that the Vertos team from the School of Computer Science and Engineering took first place in Incredible 8 (LPU's Inter-School Vaccination Awareness Competition). Let's Fight it Out team members, as well as their mentor Dr. Chirag Sharma sir, have put in a great deal of effort, as well as hardship and determination, to achieve their goals.

## Actor Yashpal Sharma joins for live session with LPU



Bollywood actor Yashpal Sharma, known for his roles in movies like Lagaan (2001), Gangaajal (2003), Ab Tak Chhappan (2004), Apaharan (2005), Lakshyam (2007), Singh Is Kinng (2008), Aarakshan (2011) and Rowdy Rathore (2012), joined for a live interaction for a MasterClass Session on Acting for Screen.

Organised by Department of Performing Arts, LPU, the session saw a lot of participants asking various questions on his films, career, theatre, life, etc.

Mr Yashpal, very happily answered to all the questions. He even gave students various tips on how to prepare themselves in life.

## 'Experience Incredible India Program'

LPU's Division of International Affairs organized three-day long "Experience Incredible India Program" for all the partner universities of LPU spread across the globe to make them embrace the magnificence of Indian culture!

The event was packed with engaging activities to help individuals focus on restoring, rejuvenating and aligning their mind. They also experienced the ancient art of Yoga and Ayurveda! Apart from this, the event



The 3-day programme saw students from all across taking part and enjoying themselves

also held quick recipe sessions, Indian dance sessions etc. It was great to see students from other countries enjoying the sessions.

LPU prides in embracing and propagating the beauty of our nation amongst young minds by conducting such significant events!

# HIMACHAL: A DESTINATION FOR EVERY TRAVEL LOVER



LPU is surrounded by panoramic heaven and Himachal is one of them. Initially I and my friends were planning to go there by car but later decided to opt for motorbikes so that we don't miss any of the alluring sights.

Himachal Pradesh is among the most visited mountain tourist places in North India. It gifts you with memories that last for a lifetime. Its landscape has a lot to do with it: valleys, mountains, ancient monasteries, historical sites, lakes, mountain passes! A Himachal Pradesh tour satisfies the

Himachal Pradesh tourism has something in store for all kinds of travellers

wanderlust in you, whatever it is you may be looking for.

#### For Nature Lovers

Himachal Pradesh tourism has something in store for nature lovers, honeymooners, adventure lovers, history buffs and spiritual seekers. The contrast in its diversity is to be seen to be believed. You

have lush valleys like Kinnaur, Kullu and Kangra & barren terrains of Lahaul & Spiti. Tales of Malana fascinate tourists as much as the Buddhist culture in Mcleodganj. Exploring Dalhousie, with its rich colonial past, is sheer delight.

The varied landscape of HP also lends itself to various adventure activities. The thrill of river rafting can be enjoyed at River Sutlej at Tattapani near Shimla, River Beas near Kullu, River Ravi near Chamba, River Chenab and Spiti in Lahaul and Spiti district.

Shaad Azeem  
B Pharm

## The price for a priceless gift



The midwives urged her to endure the excruciating pains. She held the side rails with a firm grip and kept on pushing persistently while moaning, growling, and even crying in the process just to cope with the intense pain to have her child brought forth.

Although the complex, subjective and multidimensional nature of pain makes it difficult to be measured, the level of pain a woman feels during labour can only be better imagined. However, study shows that these pains are believed to be beyond the bearable threshold for an average human.

Remember, childbirth is the second most painful experience next to the feeling of being burned alive. Childbirth marks an epoch of incredulity in every woman's life. After a successful delivery, the baby was put on her body (kangaroo care) for the following reasons:

- To regulate your temperature, blood sugars, and breathing.
- To produce the hormone called oxytocin in both the baby and the mother's body to help with bonding, breastfeeding, and also pain management in the duo.
- To keep the cord intact, so that the placenta is still attached for a continuous supply of blood and other nutrients concurrently.

You are that baby. You are that priceless gift she surrendered her life for by incubating you for nine (9) months and subsequently breastfeeding you exclusively. Therefore, she deserves all respect and honour. In case, you are thinking of giving up, remember that Mom did not give up when she felt that killing pain. Keep pushing. You will for sure win. Mom will have a smile put on her face when her golden gift (you) succeeds.

All-day long, appreciate her, honor her and make sure you do not hurt her or let anyone hurt do so. Protect her. Do it now, not tomorrow.

Joshua Obadiah  
B. Pharm.

## LOVELYWORLD

Editorial

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Division of Student Welfare

To make a contribution to Lovely World or any kind of suggestion or query you email us at  
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## CHILDHOOD

Time, will you do me a favour?  
Childhood, I want to borrow and leave never.

Where I didn't see much,  
But I wasn't a blind.

Where I observed less though,  
Brain was always on a ride.

I didn't know if the tree trunk  
Was sometimes non-brown.

I couldn't realise if colour's reality,  
Was other than those primary-secondary.

And today, but who knew? I would decorate,  
Those superficial ornamentals with black base.

Ankita Saxena  
B. Pharm

## WOMEN WHO MADE HISTORY IN SPACE



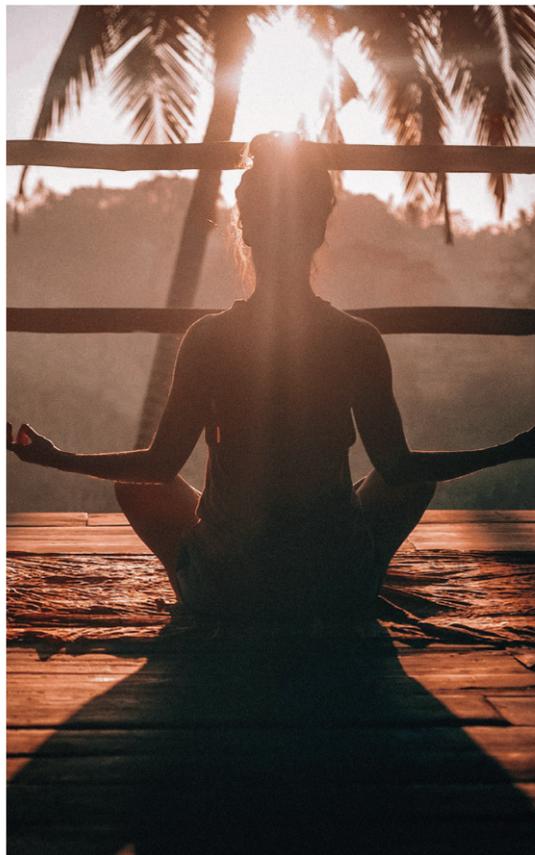
The theme of World Space Week 2021 was 'Women in Space'. Till date, 566 people have travelled to space, and 65 of them, or about 11.5%, were women

World Space Week is held annually from October 4 to 10 to celebrate the contributions of space science and technology for the betterment of human life.

The theme of World Space Week 2021 was 'Women in Space'. Only 566 people have travelled to space, and 65 of them, or about 11.5%, were women. The first woman in space was cosmonaut Valentina Vladimirovna Tereshkova, who orbited Earth 48 times from June 16 to 18, 1963. The first American woman in space, Sally Ride who flew aboard the Space Shuttle STS-7 in June of 1983. Katharine Louise Bouman is an American scientist who helped take the first ever photograph of a black hole. And Kalpana Chawla, who made history at NASA as the first female astronaut of Indian descent. Her contributions to human spaceflight have had a lasting impact.

Jeslin Mary Joseph  
BSc Hons Agriculture

Give your health the time & peace it deserves



Your health is one of the most valuable things you have. Today, more than ever, people across the world are practising gratitude for health while being careful about protecting it. Pandemics and viruses aside, give your health the right priority it needs no matter what age you are. The primary purpose of your immune system is to protect against persistent bacteria that attacks your body. Your immune system acts as

Poor mental health brings psychological sufferings, one of the main reasons for these sufferings is a sense of isolation or loneliness, where one finds no support

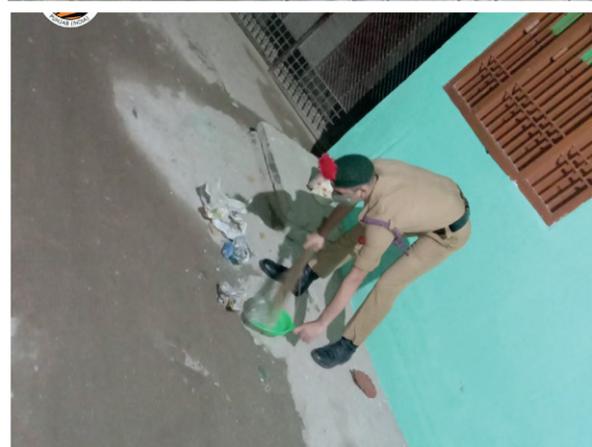
the gatekeeper for what gets in and what stays out of your body. The flu or a cold is a typical example of your body failing to stop the germs/ bacteria before they get in. Strong immunity, while crucial to prevent and fight illness, is also a key component to living a balanced, happy life.

Every part of your body functions better when it is fuelled with healthy foods, a positive environment and minimal stress. Studies say that during sleep your immune system releases proteins called cytokines. Certain cytokines need to increase when you have infection or inflammation, or when you're under stress. Sleep deprivation may decrease production of these protective cytokines.

In food components, Vitamin C and D strengthens the immune system. Vitamin C exerts its effects on host defence mechanisms and immune homeostasis. Right intake of Vitamin C is essential for life in humans because the body does not synthesize it. Studies have demonstrated that Vitamin C supplementation stimulate the immune system and significantly decrease the risk of a wide-range of pathologies. Vitamin D is also imperative for strengthening your immune system. Enjoy moderate exposure to sunlight a few times.

**Riddhi Mishra**  
B.Pharm

## LPU NCC CADETS CELEBRATE AZADI KA AMRIT MAHOTSAV WITH SWACHHATA ABHIYAN



Celebrating the Government of India's "Azadi Ka Amrit Mahotsav", the Department of Youth Affairs, Ministry of Youth Affairs and Sports, is undertaking Clean India Program. Taking part in the same, LPU NCC Cadets launched Swachhata Abhiyan, where they cleaned premises of various schools & colleges, parks, roads, etc. It was great to see them acting as ambassadors of cleanliness,

and we are sure that this will motivate others to maintain hygiene and cleanliness.

The Government of India launched Azadi Ka Amrit Mahotsav to celebrate the magnificent

LPU NCC Cadets launched Swachhata Abhiyan, and cleaned premises of various schools & colleges, parks, roads, etc

history of people, culture, and achievements, and also to celebrate 75 years of India's Independence. This Mahotsav is also dedicated to those people who have the power and potential to enable the vision of Honorable Prime Minister Narendra Modi's vision to activate India 2.0 fuelled by the spirit of Atmanirbhar Bharat. The 75-week countdown to our 75th anniversary of independence began on March 12 and will culminate on August 15, 2023.



LPU Department of Cultural Affairs faculty Dr Monu Kumar, popularly known as R'Maahi, has recently released his single track music album Russ Jani Aan. Featuring famous Punjabi artist Yuvraaj Hans, Dr Monu is the singer and music director of the album.

## GLOBAL ACHIEVEMENT FOR LPU CHESS WIZARD



Anuj Shrivatri

Anuj Shrivatri, LPU student and chess wizard, has recognised himself as one of the most credible young players in the making by securing 3rd position in Asian Youth Online U18 Championship, organised by ACF (Asian Chess Federation).

Hailing from Katni, Madhya Pradesh, Anuj became an International Master on 22nd August 2019 at an age of 15. Anuj likes to thank his parents the most for supporting him

Anuj Shrivatri secured 3rd position in Asian Youth Online U18 Championship

in his game and helping and motivating him to keep playing. "I am most thankful for my parents. Without their support it would be unthinkable for me, they always stood with me irrespective of the form I was having and they always

kept motivating me to play better and not worry about the result," Anuj was quoted as saying.

Anuj likes to read while he is relaxing. Few of his recommendations include Kasparov's My Great Predecessors. "I read a lot of books which I can wholeheartedly recommend - Kasparov's My Great Predecessors. My first books were Capablanca's best games by Golombek and Karpov's best games by Karpov. I also liked Kramnik's book on his life."

## LPU students bring laurel at Sr National Women's Boxing Championships

Boxers Arundhati Chaudhary and Parveen have both won Gold Medals in 66kg and 63 kg weight categories, and Star Boxer Manju Rani wins Silver Medal in the 48kg category



Parveen



Arundhati Chaudhary



Manju Rani



Himanshi Antil (right)

## Verto wins Bronze at 3rd Asian Taekwondo Open Championship

Himanshi Antil wins Bronze medal at the third Asian Taekwondo Open Championship held in Tehran, Iran. She has raised our tricolour on an international stage! She also received a Silver medal in the 31 Fajr International Taekwondo Championship held there. Himanshi hails from Delhi and studies B.Sc. (Hons) Physiotherapy at

LPU and is a national and international level player of Taekwondo.

Well, the list does not end here! Himanshi is a three times continuous state Gold medalist, two times Senior Nationals Silver medalist, Gold and Bronze medalist in All India University, Gold and Silver medalist in All India Inter SAI Korea Ambassador Cup in 2019.

## LPU Martial Art student wins Silver Medal in Russia



Kiranjot Kaur

BSc Health & Physical Education 3rd year martial art student Kiranjot Kaur at Lovely Professional University has won Silver Medal in World Hapkido Cup-2021 championship held at Saint Petersburg in Russia. With this applauding win,

Kiranjot is a shining sportswoman of LPU, who has won numerous medals at the national level too

'Black-Belt' holder Kiranjot has made India and the university proud of her strength and sports-skills fully utilized during the world competition.

Kiranjot is a shining sportswoman of LPU, who has already won numerous gold medals at national level. It was her first international tour where she again exhibited her excellence.

A simple girl of Sofipind near Jalandhar (Punjab), Kiranjot entered LPU on a sports scholarship and exhibited her skills of perfection in both sports and studies. She has consistently excellent CGPA in all of her examinations with regular attendance as well. Her mentor at LPU describes her as a dedicated, devoted and disciplined student in all forms. LPU Chancellor Mr Ashok Mittal has congratulated the globally shining student.