FIRST EDITION —————————————— JUNE 2024

INSPIRHEA

A MIND BENDERS INITIATIVE

CHANDIGARH GROUP OF COLLEGES
Building Careers. Transforming Lives.
Jhanjeri, Mohali

CGC
Chandigarh Group of Colleges

NAAC GRADE **A+**

MIND BENDERS
LITERARY & STUDENT DEVELOPMENT CLUB

CONTENTS

From Chairman's Desk

✦

S. Rashpal Singh Dhaliwal

I am thrilled to announce the release of the inaugural edition of our college magazine, 'INSPIRHEA,' curated by the esteemed Mind Benders-Literary Club, CGC J.

It is truly a moment of pride to witness the culmination of our collective efforts in bringing 'INSPIRHEA' to fruition. This magazine stands as a testament to our unwavering commitment to fostering a vibrant and diverse academic community where creativity, expression, and intellectual exchange thrive.

'INSPIRHEA' represents an invaluable platform for showcasing the remarkable talent, creativity, and diverse perspectives that define us. It serves as a reflection of our shared journey, aspirations, and accomplishments.

I extend my heartfelt gratitude to the members of the Mind Benders-Literary Club for their dedication and hard work in spearheading this initiative. Your passion and commitment have been instrumental in bringing this vision to life. I invite each member of our community to actively participate in this endeavor by contributing your thoughts, ideas, and creative expressions. Let us seize this opportunity to celebrate our collective brilliance and inspire one another to reach new heights of excellence.

I eagerly anticipate the impact and resonance of 'INSPIRHEA' within our community and beyond.e bit of body text

From Managing Director's Desk

✦

Mr. Arsh Dhaliwal

It is with great pleasure that I introduce the inaugural issue of our college magazine, 'INSPIRHEA,' meticulously designed by the talented members of the Mind Benders-Literary Club at CGC J.I extend my deepest appreciation to the dedicated members of the Mind Benders-Literary Club, whose passion and hard work have brought this vision to life.'INSPIRHEA' stands as a testament to the exceptional abilities, imagination, and perspectives that characterize our CGC-J family. It chronicles our shared dreams and aspirations.The release of 'INSPIRHEA' marks a significant milestone, reflecting our adherence to cultivate a vibrant and dynamic academic environment. This publication embodies our mission to create a space where innovation, dialogue, and the exchange of ideas can flourish.I invite all members of our family to contribute actively by sharing your insights, ideas, and creative expressions. Let us embrace this opportunity to celebrate our collective brilliance and inspire one another towards excellence.I look forward with great anticipation to the impact and resonance of 'INSPIRHEA' within our community and beyond.

From Campus Director's Desk

✦

Dr. Neeraj Sharma

Dear Members of the CGC-J Community,

The launch of our first-ever edition of Inspirhea marks a milestone in CGC-J's history. This year has been defined by inspiring progress – new courses, cutting-edge research, and acts of social responsibility that reaffirm our values. Our campus embodies our collective drive to learn and create a better world.

I am sure our new college magazine Inspirhea which is brain child of mind enders literary club is more than simply a magazine, Inspirhea is a monument to our ability, inventiveness, and persistent commitment to quality. These pages will be treasured recollections of CGC-J's early years, friendships made, and lessons learned in the years to come.

Students, as you embark on your future journeys, let the principles you learn at CGC-J guide your way. Embrace possibilities, overcome challenges, and believe in your power to inspire positive change.

CGC-J is proud of you, and I'm honored to witness the birth of this remarkable magazine.

From Executive Director's Desk

✦

Dr. Vinay Kumar Goyal

Step into the realm of INSPIRHEA, where the boundless energy of creativity pulsates through every word, every verse, and every story.

As the Executive Director, I am thrilled to extend a heartfelt welcome to our readers, to this literary odyssey. Within the pages of this magazine, you'll encounter a dazzling array of student-authored articles, poetry that ignites the soul, and thought-provoking contributions from our esteemed faculty members. But that's not all – brace yourself for a whirlwind tour of campus life, from the latest buzz-worthy events to the dynamic and the captivating happenings at CGC Jhanjeri.

Prepare to be captivated, inspired, and utterly immersed in the vibrant tapestry of voices that define our community. Each turn of the page promises a new adventure, a fresh perspective, and an opportunity to delve deeper into the realms of intellect and imagination. So, dear readers, I invite you to embrace the excitement, to revel in the richness of language, and to join us on a journey where the possibilities are endless, and the spirit of innovation knows no bounds.I extend my heartfelt gratitude to the "Mind Benders" a literary Club of CGC Jhanjeri for its unwavering commitment to the written word and boundless creativity. As we embark on this literary adventure, our collective hope echoes through these pages: to ignite a spark of inspiration, to foster connections, and to leave an indelible mark on the CGC Jhanjeri community.
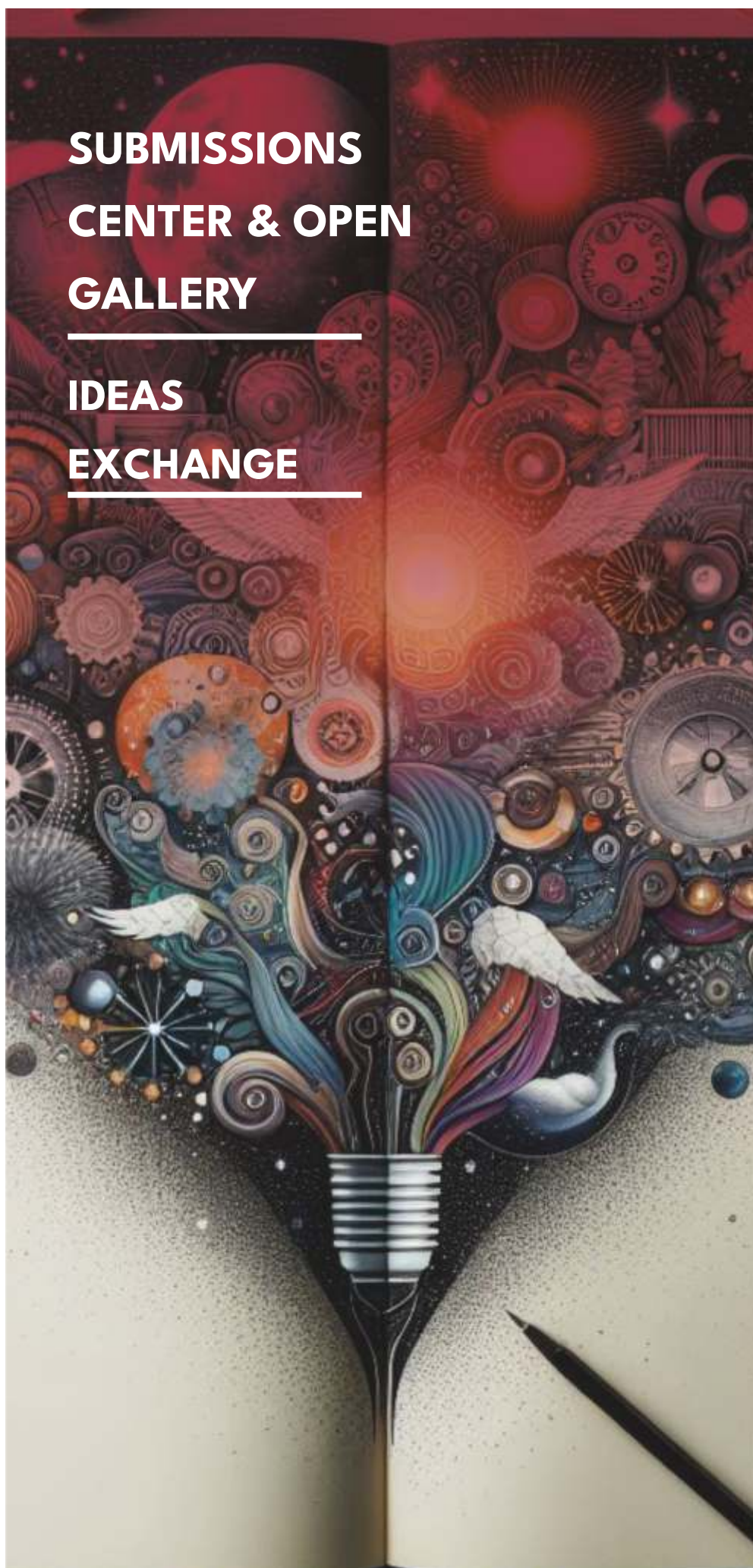
Welcome to INSPIRHEA – let the magic begin!

CREATIVE CORNER

SUBMISSIONS CENTER & OPEN GALLERY

IDEAS EXCHANGE

Dream Cove

In the far distance corners of land,
Where no one treads, just beach and sand.

No soul has been there for ages,
It's only in our thoughts and on these pages

Everyone dreams to be there,
As finding dispassion here is very rare

In the final verse, the tale finds its rest,
A journey complete, a soul's gentle quest.

With closing lines, the poetry finds release,
In words that linger, in the heart's sweet peace.

-A S Rajan Spolia
(B. Tech CSE, 2230716)

Dont call me crazy, I read

I've travelled a lot, all across the world, although I've never been outside my homeland. I've never been on a plane, but I've seen oceans, deserts, and bustling cities from a quiet rooftop. I've visited cities like Amsterdam, dropped in on Hotel Filosoof, and watched Hazel and Augustus have their first glass of champagne. And I heard the woman yell in Dutch, "What a beautiful couple!"

I've stayed in Beaufort, North Carolina, and watched Jamie and Landon perform. I've seen her walking down the aisle, and I've cried. I've known grief and heartbreak, even though I've lived my own life. I've known abuse, and how Nana taught Mariam, "Like a compass needle that always points north, a man's accusing finger always finds a woman."

I've known fear when Betty Mahmoody tried escaping the clutches of the abusive family. I've known bravery when I saw Ron sacrifice himself in a game of chess, and when Neville struck the mighty silver sword, marking the end of Nagini. I learned friendship when I witnessed Weasley, Granger, and Potter stick together in the journey of 4,224 pages. I've known pride, humour, and wit. I've laughed with Lizzie and her father at ridiculous things, and I've disliked Mr. Darcy for just a nanosecond, only to fall in love with yet another Austen girl.

I've known the love of family in the bond between the March sisters. I've experienced inequality, but I learned not to let my will be thwarted. I remain my own man, like Laurie. I've known love to its extremities. I've met so many people that I don't remember their names. But when you ask me, 'What's your name?' I can think of a hundred names other than my own. I'm Stefan and Stiles, I'm Niklaus and Elijah, Georgia and Hermione, I am Elizabeth and Jo.

I am all the stories I've read and poems that I poured my heart into. I am the bits and pieces put together, the words and the space between the lines that left a mark and swallowed up a part of my soul.

I'm me. Don't call me crazy. I read.

- **Kamil Khalil Alvi**
(BBA, 2334649)

ਇਨਸਾਨ ਬਣੋ

ਹੈਵਾਨ ਨਹੀਂ, ਇਨਸਾਨ ਬਣੋ ,
ਇਨਸਾਨ ਬਣਕੇ , ਇਨਸਾਨੀਅਤ ਸਿੱਖੋ ।

ਸੁੱਖੀ ਰਹਿਣਾ ਸਿੱਖੋ, ਦੁੱਖ ਸਹਿਣਾ ਸਿੱਖੋ ,
ਸਿੱਖਦੇ ਹੀ ਜ਼ਿੰਦਗੀ ਬਿਤਾਉਣਾ ਸਿੱਖੋ।

ਜੇ ਲੜਨਾ ਏ ਤਾਂ ਸੱਚ ਲਈ ਲੜੋ,
ਸੱਚ ਲਈ ਸਭ ਕੁਝ ਮਿਟਾਉਣਾ ਸਿੱਖੋ ।

ਗੀਤ ਗਾਉਣਾ ਸਿੱਖੋ, ਗੁਣਗੁਣਾਉਣਾ ਸਿੱਖੋ ,
ਜ਼ਿੰਦਗੀ ਚ ਹਮੇਸ਼ਾ ਮੁਸਕਰਾਉਣਾ ਸਿੱਖੋ।

ਕਰੋ ਉਹ ਜੋ ਸਭ ਨੂੰ ਚਾਹੀਦਾ ,
ਸਵਾਰਥੀਪਨ ਮਿਟਾਉਣਾ ਸਿੱਖੋ ।

ਹਵਾ ਚ ਉੱਡ ਕੇ ਕੀ ਮਿਲਣਾ ,
ਧਰਤੀ ਤੇ ਪੈਰ ਟਿਕਾਣਾ ਸਿੱਖੋ ।।

- Harnoor Kaur ,
B. Com (hons), 2235827

Masked Symphony: A Smiling Heart

In the realm of facades, a dangerous art,
A broken heart concealed behind a smiling star.
A mask worn gracefully, a deceptive grace,
Nothing is more perilous than a smiling face.
Behind the laughter, shadows dance,
A wounded soul in a careful trance.
Eyes that sparkle, yet hold the storm,
A broken heart, a weathered form.
The world sees the grin, the surface gleam,
Unaware of the turmoil in the silent stream.
A battlefield within, emotions at war,
A smiling face that conceals much more.
Words spoken lightly, a cheerful tone,
Yet in the heart's chambers, echoes groan.

A shattered symphony, a silent race,
Nothing is more treacherous than a smiling
face.
Beneath the smile, a river of tears,
A sadness hidden, feeding fears.
Loneliness whispers in the quiet space,
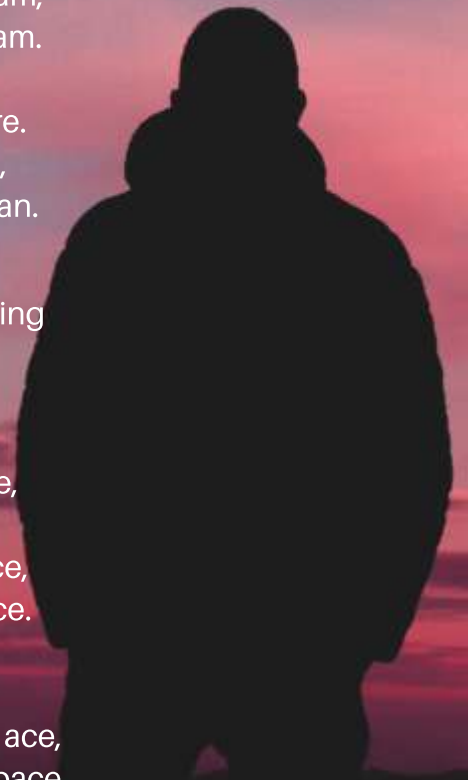A solitary ache in the smiling face.
A person with scars, yet grace they trace,
In the dangerous dance of a smiling face.
In joy, a poignant rift,
A secret sorrow, a hidden gift.
Beware the calmness in the storm's embr ace,
For within hides a broken heart's fragile space.
In the theatre of emotions, a subtle art,
Nothing more potent than a smiling heart.

- Kanishk Mahajan
(B. Tech ECE, 2330264)

Between Worlds

Oh THEE,
The Wraith.
Halt me from plunging,
Plunging into the void
Bored of my solitude.
When mortals spurned,
Beloved manes
Thy world.
Greet one's absence,
Mutts be the creator
of love Suddenly,
Graves are no more horrifying But alluring,
Hailing with untold secrecies.
Before I succumb,
Oh deity,
Cease me.
Abate me from thriving
And embellishing,
The world
Where I am not destined
And will be doomed.

-Aditi Goswami
(MBA, 2330312)

Time Wants To Say

They say words of wisdom,
I am fearful,
That I would end up being wise,
for the people around me
are like rivers
merging in front of me,
and becoming an ocean
where I find myself drowning.
Sometimes lost, suffering to start the
swim;
I too have words in my mind,
like "courageous," "curious," and
"confidence,"
but they don't work like my boats.
They work to lift me,
but I, being the iron nail,
get drowned again and again.
Time feels like a friend
like it knows what I don't want.
It has its individuality.
Time wants to stay
when I am tired and want to get rid of it.
Time goes, walks, and takes a flight
when I think of doing so.

Time reflects my wish,
my wish to travel without planning out the
place.
Time just goes in passion and compassion.
Time is never judgmental.
Time can crawl, walk, run, fly;
it never stops.
No matter how slow it goes,
it still goes.
Time is the most consistent thing ever.
Time shows you who you are,
who you could be,
and who you might have been!
Time is everything you ever wanted to
know,
irrespective of your angle of vision.
Time is there, like you are here,
and will always be if you are always here.
Time walks with everyone else
and never alone!
It takes you, it takes me,
but still, we know its identity.
Time shows you the mirror you were
searching for.
Time is your friend,
and it wants to stay with you.

-Anonymous

Echoes of Valor And Sorrow

They said it was the quest of pride, the quest of truth.
But all I saw was endless suffering, regretful faces, crying eyes and a remorseful end.

I saw how all was lost, in the quest for revenge, the quest for envy.
How the eyes told the truth of the smiling faces,
How well the pretence that I'm fine was held.

All it took was a single second.
To destroy their lives, to snatch their smiles.
The illusions were shattered. The hopes were destroyed.
The hearts resembled the broken mirror by the ground.

The fear ran like blood in my veins.
Making emotions hum with a melancholic sound.
Cries of separation were resonating in the air.
But the warriors choose courage over anything as the vows of protection were made.

As the time of departure drew near, Those who took the vow of protection
now also made the promise of returning.
which were chanted like prayer verses by the ones they loved.

The tears were demanding an escape.
Still, the warriors chose bravery to lock them making emotions go pandemonium.

Lives were lost.
The last breaths were taken.
Tears were finally granted freedom.
But still, the faces held smiles, like the flowers of spring.
Eyes held pride, like the sun which shine on all alike.

I let my imagination wander to the depths of the
ocean and the highs of the sky What if peace was held?

- TAVLEEN KAUR
  (B. TECH CSE, 2338550)

I Hold You

I hold you everywhere
I hold you
in the bucket of my memories
I hold you
in my eyes filled with pain
I hold you
in my laughter, too
I hold you
in my trauma of insecurities
I hold you
in my composure, too
If you are my agony, you are my
serenity too
I hold you everywhere

**- DEV
(B. TECH ECE, 2230918)**

चलो फिर मिलते हैं

तक़दीर की तहरीर चलो इस बार बदलते हैं,
आधी में लिखूंगा, आधी तुम लिखना।
इस बार कहानी पूरी करते हैं,
चलो फिर मिलते हैं।

पहली मुलाक़ात को एक नया मौका अदा करते हैं,
इस बार न कोई वादे मैं करूंगा, न तुम करना,
पहले पुराने वादों को पूरा करते हैं,
चलो फिर मिलते हैं।

आओ साथ हवाओं के तराने सुनते हैं,
न कुछ मैं कहूँगा, न तुम कुछ कहना।
इस बार ऐसे ही बातें करते हैं,
चलो फिर मिलते हैं।

रास्ते चाहे जो हो, इस बार साथ चलते हैं,
जन्नत नसीब हो न हो मुझे,
हम रास्ते जन्नत करते हैं।
चलो फिर मिलते हैं।

रस्म ओ रिवाज़ सब छोड़ चलो इश्क़ की इबादत करते हैं,
हां हम मिल लेते हैं अक्सर ख्वाबों में,
इस बार ख्वाब हक़ीक़त करते हैं।
चलो फिर मिलते हैं।

- PRINCE JHA
(B. TECH CSE, 2338504)
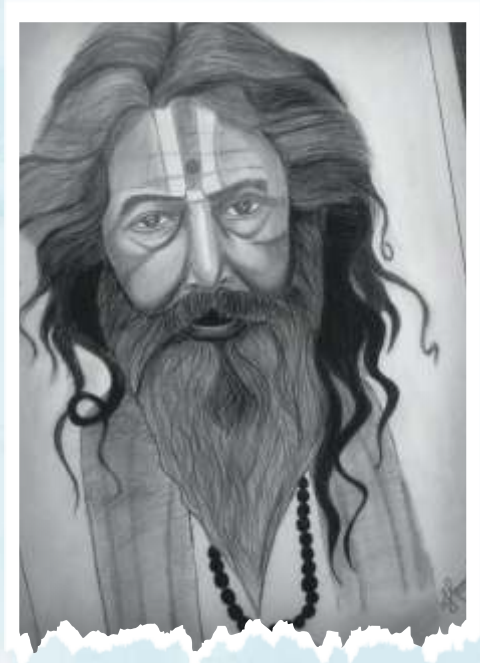
Saints and Sages
by Hemant (2231219, B. Tech R&AI)

Ganesh Artwork
by Ankita (B.Sc. FD)

Aesthetic by Tamanna Choudhary
(BA LLB, 88199)
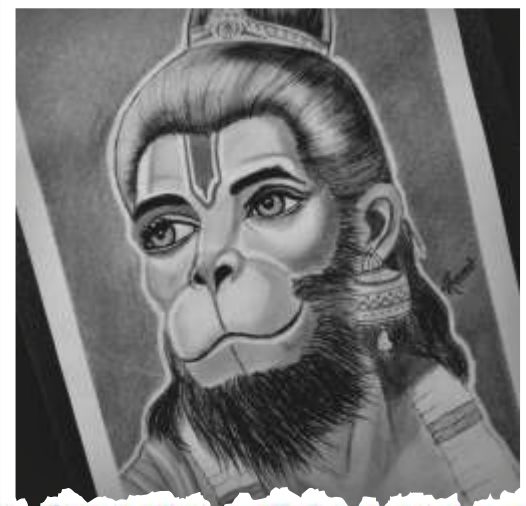
Shri Hanuman by Hemnat
(2231219, B. Tech R&AI)
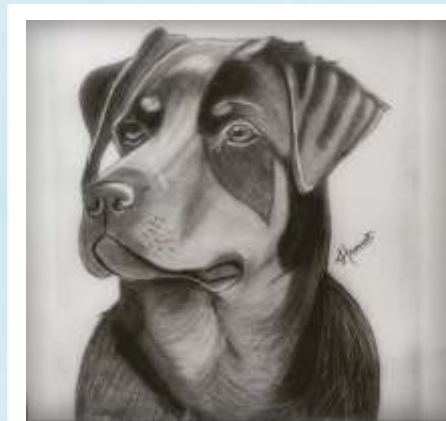
The Dog by Hemant
(B. Tech R&AI, 2231219)

Shakti by
Tamanna Choudhary
(BA LLB, 88199)

Siyaram by Tamanna Choudhary
(BA LLB, 88199)

Wild Harmony by
Prabhleen Kaur
(B. Tech CSE, 2338499)

The Belt of Venus by
Khushboo
(BBA LLB, 23BBALLB087)

Modern Art by Uditta Sharma
(BCA, 2335267)

AI: Sidekick, Not Terminator
How AI is Revolutionizing Work, Not Replacing Workers
- Karanjot Singh Malhotra, CEC

Are you worried that robots are coming for your job? Fear not! While Artificial Intelligence (AI) is rapidly evolving, it's not here to steal your livelihood – it's here to supercharge it.
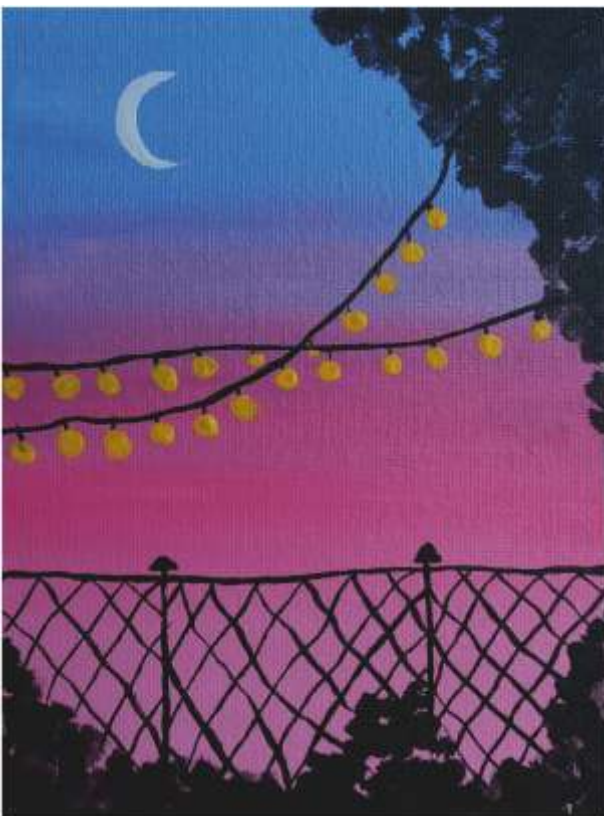
The headlines might scream about AI replacing human workers, but the truth is far more nuanced. AI excels at repetitive tasks, analysing vast amounts of data, and automating processes. But the human touch? Creativity, critical thinking, and problem-solving? Those are irreplaceable.

Imagine AI as your ultimate coworker. It handles the heavy lifting – the tedious calculations, the mountains of paperwork. This frees you up to focus on what humans do best: strategy, innovation, and building relationships.

The real risk isn't AI replacing people, but people who don't know how to leverage AI. The future belongs to those who can work alongside intelligent machines, not against them.

Here's the exciting part: with the help of AI developers, you can transform your work. Imagine a doctor using AI to analyse patient data, allowing them to focus on personalized care. A salesperson could leverage AI to identify ideal customers, closing more deals with less effort. The possibilities are endless!

So, abandon the fear and embrace the future. AI isn't a job-killer; it's a progress-booster. Let's work together, human and machine, to build a future that's smarter, faster, and better than ever before.

How the Next Generation is Shaping Upcoming Industry Trends.
- Daivy Bhardwaj, CSB

In today's rapidly changing world, the next generation plays an important role in shaping future industry trends. Young minds are making a significant difference in various domains thanks to their innovative ideas, technological advancements, and forward-thinking mind sets. One area where the next generation will have a significant impact is technology. Various industries are increasingly targeting young people who have grown up in the digital age due to their exposure to technology, innovation and digitization. From artificial intelligence and machine learning to blockchain and augmented reality, young professionals are driving development and pushing boundaries in technology-based industries.

Sustainability and environmental responsibility are also at the forefront of the next generation. Young people are increasingly concerned about the state of the planet and are pushing for more sustainable ways of doing things. They are demanding more sustainable solutions from businesses and are pushing industries to be more environmentally friendly, to develop renewable energy sources and to reduce their carbon footprint. In addition, the changing needs and behaviors of the next generation are also influencing consumer trends. As millennials and Gen Z become the largest consumer groups, companies are adapting their strategies to meet the needs and preferences of these new generations. From the growth of online shopping and social media, to the demand for personalized experiences and products, companies are adapting to the needs of younger consumers.

In addition to innovation and sustainability, the following era is additionally driving diversity and inclusivity within the working environment. With a more prominent mindfulness of social issues and a commitment to balance, young professionals are pushing for greater representation and inclusivity in all aspects of commerce. This emphasis on differing qualities are not as it were cultivating a more comprehensive work environment but too driving to more imaginative and creative solutions.

In addition, the next generation will redefine the concept of work-life balance. Young professionals want flexibility and independence, challenge traditional work structures and support telecommuting opportunities, flexible schedules and a better work-life balance. This shift in mindset is forcing the industry to rethink its approach to work and adapt to the changing needs of workers.
In conclusion, the next generation will play a decisive role in shaping future industrial trends. Thanks to innovative ideas, commitment to sustainability, changing consumer preferences, emphasis on diversity and a desire to balance work and private life, young people are driving major changes in various sectors.

Going forward, companies and industries must embrace these trends and harness the potential of the next generation to drive innovation and progress. Working together, we can create a brighter and more sustainable future for all.

How To Find Passion And Purpose In Higher Studies

- Japjeet Kaur Arora, CLC

Imagine you enter an ice cream store, you come across many different flavors of ice cream and you find them all very appealing which makes it very difficult for you to decide which ones to choose. Now the options you have at hand are to walk out of the store and have no ice cream, buy all the flavors of ice cream or taste the flavors and then make a sound decision. Each one of us will go with the last option because that will be the most appropriate choice.

If, while choosing a flavour of ice cream, we invest our time, we should be willing to put much more effort and time into choosing our career.

Finding our passion and purpose in higher studies can be a great challenge, but it is also the most important decision that one must take in their life.

A Deeper Insight on the Topic

I still remember when I first watched "Suits", a Series. I was so fascinated with all the characters and how from that moment onwards I decided that I wanted to become a lawyer. Each night before sleeping I used to imagine myself defending the courtroom full of people convincing the judge with my arguments and establishing people's faith in the judiciary.

Well not everyone learns about their passion from web series, right?

What I am trying to say is to know what you are passionate about just close your eyes and ask yourself where and how do I imagine yourself in your future. Do I want to wear a black coat and defend people, wear a white hat and serve people delicious meals, or wear a white coat and heal people? Just like when we were little we were questioned, "What do you want to become when you grow up?" Ask yourselves the same and there lies your answer.

Of course, it is not all that simple. There are various factors we must consider while opting for a course like the demand of the course, availability of good colleges, grade requirement, or financial conditions. But the main factor here is what are you passionate about. What drives you to go to college every day? What feeds the hunger to learn inside you? Let us know how to find answers to these questions.

Finding Passion and Purpose

1. Know your strengths: the first step you have to do is to interact with yourself. You must know your personality, identity, interests and strengths. You should be able to answer what skills and talents you have that can make a difference in the world. What is something that you love doing? You can use various tools and assessments, such as the StrengthsFinder, or the Holland Code, to help you gain more insight into your personality, preferences and abilities. You can also ask for feedback from your friends, family, mentors, or colleagues, to get a different perspective on your strengths and interests.

2. Have a vision: Your vision and purpose reflect your core identity and your sense of meaning and direction. It tells you how you are going to contribute to society. What kind of change do you see in your surroundings? This also reflects your values, principles and beliefs. Your beliefs help you narrow down your career options and choose the ones that align with your vision and mission. You can use various exercises and questions, such as the Ikigai, the Life Purpose Statement, or the Values Clarification, to help you articulate your values and have a vision in your mind about your career.

3. Have good research: after we have a vision, we research our options, understanding and gaining knowledge about them. This step is crucial as it allows us to make an informed decision. One must research and learn about current and future trends and demands in the market and what are the skills and qualifications that you need to acquire. You can use various sources and methods, such as online databases, informational interviews, networking events, or job shadowing, to help you gather information and insights about your potential careers. You can also create a list of pros and cons, or a SWOT analysis, to help you evaluate and compare your options and opportunities.

4. Experiment and learn: most of us by the time we complete our 12th grade, have experimented and learnt what we are good at. Once you have some ideas and options for your career, you need to test them out and see how they fit with your reality and expectations. You can do this by taking on projects, volunteering, freelancing, or interning in your fields of interest. You can also take courses, workshops, or certifications to enhance your skills and knowledge. By experimenting and learning, you can gain valuable experience and feedback, as well as discover new possibilities and opportunities. It is necessary to adjust and refine your career goals and plans based on your findings and learnings.

5. Seek professional guidance: Finding your purpose and passion in your career is not something that you have to do alone. You can benefit from the advice and assistance of others who have gone through a similar journey or who have expertise and resources that can help you. By seeking guidance and support, you can gain more confidence, motivation, and inspiration, as well as overcome challenges and obstacles. You can seek guidance and support from various sources, such as mentors, coaches, counsellors, or role models. You can also join communities, groups, or networks that share your interests, values, or goals.

Conclusion

Of course, after we clear our board examination, we need to celebrate our success and reach this milestone after years of hard work. But it is also a very critical period where our choices about our college and higher studies can either model or wreck our lives. We must make this decision wisely, cautiously and knowing our passion. Because what I slife if we don't fall in love with what we are and do? Finding your purpose and passion in your career is not a one-time event, but a continuous process of learning and growth.

Destigmatization Of Mental Illness In Colleges

- Japjeet Kaur Arora, CLC

We all must have watched "Crash Course", an Amazon Mini tv web series. If not, then you must have watched "Kota Factory", a Netflix web series. Why am I referring to these web series when the article is supposedly a very deep and serious one? Well, both of these web series portray the true meaning of stress, depression, anxiety, disappointment and grief. All these emotions and mental disturbances are a daily part of our students' lives. We all have gotten habitual to these terms yet no one ever talks about it openly. This article aims at "de-stigmatising "this "stigma" of mental illness.

Understanding mental illness

Every day when I walk through the gates of our college, I never see a frowning face. All I see is zeal, excitement and enthusiastic young minds ready to start their day with a bang. But who knows at the back of their mind these glowing faces are hiding so many sorrows. The pending assignments, low grades, financial issues, hectic schedules, fighting with a flatmate, homesickness and whatnot. We bottle all these worries and keep them in a dark hidden storage closet of our mind. Facing day-to-day stresses, nervousness and a dash of anxiety is completely normal and a positive sign. But being unable to handle these stresses, abnormal levels of anxiety, and nervousness which might even lead to unconsciousness is something that I would consider concerning and maybe a sign of mental illness.

In this era where we talk about LGBTQ+ rights, AI technology etc. a female experiencing mood swings is still called "mental" so imagine the condition this world has of an actual "mentally ill" person.

In our society, it is ok and in fact concerning if someone suffers from heart disease, or any organ but when it comes to our brain, our mental health which is the main organ of our body that is the reason for our survival, actions and every other possible thing we do, it is a taboo, a thing to be ashamed about and which should be discussed in hushes and whispers. We need to educate ourselves to understand that mental illness is a medical problem just like a heart disease or any other body illness. Mental illness is not a trendy Instagram hashtag and shouldn't be a joke. It is a concerning-treatable medical condition that can hamper the ability of a person to perform daily life activities. According to the National Institute of Mental Health (NIMH),

Any mental illness (AMI) is defined as a mental, behavioural, or emotional disorder. Let us understand the different elements of this definition

Understanding mental disorders

Mental illness and mental disorders are widely used as synonyms, which is basically why society thinks that all mentally ill people go to mental asylums. But these terms differ A LOT in terms of meaning and scope. Mental disorder is a term used by the Mental Health Act to describe particular symptoms of an individual.

Normally, a person receives treatment for mental illness as a voluntary patient. Being a voluntary patient means they agree to have treatment for their illness and they have the right to stop that treatment if they are being treated in hospital, they have the right to leave at any time. But for people suffering from mental disorders, this right is taken away. The Mental Health Act (Compulsory Assessment and Treatment) applies to those situations where a person needs treatment for a mental disorder and they don't agree to it.

The Mental Health Act defines mental disorder as an abnormal state of mind to a degree that the individual can become a threat to himself or the health and life of others. Examples include being very depressed or on a "high", hearing voices or seeing things that no one else can hear or see, being unable to control impulses or impairment of memory or judgement.

Understanding behavioural disorders

Behavioural disorders are a quite common issue. At one point or another, all of us have shown some symptoms of behavioural disorders which may include putting blame on others, getting annoyed or nervous easily, inattention, hyperactivity, arguing, throwing tantrums etc. But if these symptoms are persistent and kept untreated it can severely impact negatively on a person's ability to make commitments at work, studies or relationships.

Since these disorders are very common, they are treatable and easily diagnosed but equally important to recover from. These disorders make it difficult for a person to collaborate, interact and thus grow. These symptoms are usually visible in childhood but can also develop in dynamic environments like in colleges.

Understanding emotional disorders

As Dr Jahangir said in "Dear Zindagi", as children we were never allowed to express ourselves as we wanted to. If we wanted to cry "ijazat nahi hai", "sara emotional system hi bigad gya". This is a very true statement since most of us at one point or another have been bullied by society for expressing our emotions openly which is why we are unable to understand when to express which emotion. Emotional disorders and mental illness are associated terms. Everyone gets anxious at times, but "anxiety" is a diagnosable disorder. You may feel depressed after a setback, but "depression" is another diagnosable disorder. It is very important as an adult to be able to handle both positive and negative emotions and, above all, understand and comprehend them and react accordingly.

Reasons behind mental illness:

In college life, we experience a roller coaster of emotions, stresses and feelings. There are various challenges that we have to cope with. No doubt these challenges prepare us for the future but they also bring along burdens and pressures that not everyone can overcome. Let us discuss a few.

1. **The pressure to fit in**: a home is a place where no matter what we are accepted. But college is a different world, where life is all about living a perfect Instagrammable life. One must have a perfect body, a perfect score, a beyond-budget car and an aesthetic dressing sense to fit in. Everyone envies one another. This pressure to stand out can be traumatic and painful. One can lose their identity and hate themselves, and their appearances, ultimately leading to mental illnesses.
2. **Monetary issues**
3. **Homesickness**
4. **Peer pressure:** at colleges, one interacts with students belonging to diverse mindsets and communities. Most of the students tend to fall under negative influences and are involved in activities that distract them from their long-term goals. Many students tend to start using drugs and other intoxicants leading to behavioural disorders.

Destigmatizing the stigma of mental illness

Now that we have differentiated between disorders and illnesses it's time, we openly acknowledge mental health issues and work towards normalising them.

1. **Workshops:** workshops are an interactive learning tool. The students can learn, share experiences and break barriers. This is a proven practice that has helped bring changes and developments. Conducting a healthy workshop can help those who fear exposing their mental illnesses. Even if one does not communicate their illness, they might find a way of treating themselves via workshops.
2. **Counselling:** I know counselling and therapy are overrated and some may consider it a money trap. But having someone to open up to without the fear of being judged is a relief in this college life. Thankfully, at CGC we have our brilliant emotional quotient coach, Ms. Leena, who helps us college students overcome these challenges. Every college must have such mighty helpers to unburden the students and help them cope with these stresses.
3. **Peers:** There have been many cases where students commit suicide and their friends are unaware of their conditions. If only one dared to break this wall of stigma and talk about these critical issues, precious lives would have been saved. Being someone going through similar struggles, peers play a major role in helping students suffering from mental illnesses to overcome their difficulties.
4. **Parents:** A generational gap that exists between parents and children has created a cliff of mental disorders among students. No parent wants to believe that their child is sick or ill but their acceptability or non-acceptability isn't going to take away the problems. The web series I began this article with focuses on the negligence of parents and their reluctance to believe in mental illnesses. Parents are the backbone of children; their support and encouragement can bring maximum comfort to struggling children. It's high time that parents try to fill this gap, and address and have open conversations about mental health with their children.

Conclusion

Today, many people use depression, anxiety, and panic attacks as an escape or excuse making it hard to understand who is suffering from actual mental illness. Terms that we might use as synonyms for our regular emotions are another reason why people don't believe in mental illness. Temporary sadness, anxiety, or nervous breakdowns are not mental illnesses. Only a person truly experiencing these conditions knows the hardships of these struggles. We need to understand the true meaning of these words, use them cautiously and help those in actual need.

FACULTY FOCUS

Empowering Futures: The CCPD Vision by
Dr. Sushil Prashar, Executive Director, The CCPD
Chandigarh Group of Colleges, Jhanjeri

In the heart of CGC-J lies the Centre for Career Planning and Development (CCPD), a cornerstone of ambition and a gateway to the future for our students. With a vision that transcends the conventional, CCPD is not just about securing job offers; it's about crafting careers with competitive salaries and sustainable growth paths. It's about igniting the potential within each student and guiding them towards a horizon of opportunities.

Our approach is as dynamic as the industry itself. We are committed to:

- Cultivating employability skills through hands-on learning and project-based training.

- Securing lucrative job offers that reflect the calibre of our students.

- Keeping pace with the latest technologies to stay ahead of industry trends.

- Offering diverse career paths by forging strong industrial ties.

- Creating a vibrant alumni network that opens doors to new possibilities.

Training at an Edge:

Training at CCPD is a blend of rigour and relevance. We believe in a curriculum that not only teaches but also transforms. Our evaluation process, encompassing online tests and mock interviews, is designed to refine our students into professionals who are not just knowledgeable but also adaptable and resilient.

Personality Development: Beyond Academics

We recognize that the essence of a professional is not captured by grades alone. Personality and grooming are integral to the CCPD ethos, ensuring our students present themselves with confidence and charisma.

Technical Mastery: The Competitive Arena

CCPD's involvement in technical training is profound. By encouraging participation in hackathons and competitions, we challenge our students to innovate and excel, thereby sharpening their technical acumen.

Resume Crafting: The First Impression

A resume is more than a document; it's a narrative. CCPD team ensures that each student's story is told compellingly, with every resume meticulously vetted to stand out in a crowded job market.

Soft Skills: The Unseen Arsenal

Communication, leadership, critical thinking these are some of the tools that give our students an edge over others. Our English spoken classes and soft skills programs are designed to polish these facets of every individual to a shine.

Emotional Intelligence: The Silent but Mighty Strength

At CCPD, we nurture not just IQ but EQ. Emotional intelligence is the undercurrent that powers successful careers, and our trainers are adept at fostering this crucial skill within all our students via various training programmes.

Alumni Network: The Legacy of Success

Our alumni are the torchbearers of our legacy, actively contributing to the mission CCPD aims for. Industry-led workshops initiated by esteemed alumni with crucial and in-demand skills like Python and marketing exemplify the bond.

Recession-Proofing: The CCPD Promise

Even in economic downturns, CCPD's proactive stance ensures that our students remain at the forefront of placement opportunities. Our continuous outreach to top-tier companies ensures that our students are not just surviving but thriving, honing their skills through industry-led training. We make sure the gap between Industrial demands and academic loopholes is bridged by our team.

Motivation and Preparedness: The CCPD Way

CCPD is a bastion of motivation and readiness. Through mock interviews and group discussions, we fortify our students' interview prowess. Our diverse events, from MUN to IELTS workshops, are meticulously curated to ensure industry readiness.

Closing the Gap: Academia Meets Industry

CCPD is dedicated to bridging the academic-industrial divide. We are relentless in our pursuit to equip our students with the knowledge and skills that resonate with the pulsating needs of the industry.

Conclusion: A Commitment to Excellence

CCPD stands as a movement, a commitment to excellence, and a promise to each student that their potential is limitless. We are not just preparing students for jobs; we are preparing them for the future -a future they can shape with confidence, armed with the support and guidance of CCPD

Innovations Shaping Our World: Embracing the Future Today by Ms. Ankita Sharma
Assistant Professor
Chandigarh Group of Colleges, Jhanjeri

Ankita Sharma, Assistant Professor, Chandigarh School of Business, Chandigarh Group of Colleges, Jhanjeri Innovation is the cornerstone of progress, driving societies forward and shaping the world we live in. In today's fast-paced environment, staying abreast of new ideas, technologies, and practices is crucial for individuals and businesses alike. From ground breaking inventions to transformative methodologies, innovation continues to redefine how we live, work, and interact. Let's delve into some of the most impactful innovations that are shaping our world.

1. **Artificial Intelligence (AI) Revolution:** AI is no longer confined to the realm of science fiction; it's a reality that is revolutionizing industries across the globe. From predictive analytics in healthcare to personalized recommendations in e-commerce, AI is enhancing efficiency, accuracy, and decision-making processes. As AI continues to evolve, its potential applications are limitless, promising to reshape entire industries and create new opportunities for growth and development.

2. **Renewable Energy Technologies:** With growing concerns about climate change and environmental sustainability, renewable energy technologies have emerged as a beacon of hope for a greener future. Innovations in solar, wind, and hydro power are driving the shift towards cleaner energy sources, reducing reliance on fossil fuels and mitigating the impact of carbon emissions. These technologies not only offer environmental benefits but also present lucrative opportunities for investment and economic growth.

3. **Blockchain Revolution:** Blockchain technology, best known as the backbone of cryptocurrencies like Bitcoin, is disrupting traditional systems of finance, governance, and supply chain management. Its decentralized and transparent nature eliminates the need for intermediaries, reducing costs and enhancing security. Beyond cryptocurrencies, blockchain has diverse applications, including smart contracts, identity verification, and supply chain traceability, revolutionizing industries and redefining trust in the digital age.

4. **Biotechnological Advancements:** Biotechnology is driving breakthroughs in healthcare, agriculture, and environmental conservation, offering innovative solutions to some of the most pressing challenges facing humanity. From gene editing technologies like CRISPR-Cas9 to lab-grown meat and sustainable agriculture practices, biotechnology is revolutionizing how we approach healthcare, food production, and environmental stewardship, paving the way for a healthier and more sustainable future.

5. **Internet of Things (IoT) Connectivity:** The Internet of Things is connecting devices and systems like never before, enabling seamless communication and automation across various domains. From smart homes and cities to industrial automation and healthcare monitoring, IoT is enhancing efficiency, productivity, and convenience. By harnessing the power of data and connectivity, IoT is transforming how we live, work, and interact with the world around us.

In conclusion, innovation is the driving force behind progress, propelling humanity towards a brighter and more sustainable future. By embracing new ideas, technologies, and practices, we can harness the power of innovation to address global challenges, unlock new opportunities, and shape a world that is more prosperous, inclusive, and resilient. As individuals and societies, let us embrace the spirit of innovation and work together to create a better tomorrow for generations to come.

Innovating Pedagogy: Unique Teaching Methodologies Enhancing the Learning Process

Ms. Shweta Wadhwa
Assistant Professor
Chandigarh Group of Colleges, Jhanjeri

In the realm of education, the evolution of teaching methodologies is paramount to cater to diverse learning styles and foster a holistic learning environment. As educators continually strive to engage and inspire students, unique teaching approaches have emerged, revolutionizing the traditional classroom dynamics. In this article, we delve into innovative teaching methodologies that not only captivate learners' attention but also promote active participation and deep understanding.

1. **Flipped Classroom:** This pioneering approach flips the traditional model of teaching by introducing instructional content outside the classroom through videos, readings, or online modules. Classroom time is then dedicated to collaborative activities, discussions, and problem-solving, allowing students to apply what they've learned. The flipped classroom not only fosters active learning but also enables educators to personalize instruction and provide targeted support to students.

2. **Project-Based Learning (PBL):** PBL immerses students in real-world problems or scenarios, challenging them to explore solutions collaboratively. By working on projects, students develop critical thinking, communication, and problem-solving skills while applying theoretical knowledge to practical situations. This methodology promotes student autonomy, creativity, and a deeper understanding of the subject matter, as learners actively engage in inquiry and investigation.

3. **Experiential Learning:** Experiential learning emphasizes hands-on experiences and reflection to facilitate learning. Whether through internships, simulations, field trips, or role-plays, students actively participate in authentic learning experiences that bridge theory and practice. By engaging in real-world contexts, learners gain practical skills, deepen their understanding of concepts, and develop a profound sense of relevance and applicability to their future careers.

4. **Gamification:** Integrating game elements and principles into the learning process, gamification transforms education into an engaging and immersive experience. Through quests, challenges, rewards, and leaderboard systems, educators can motivate students, enhance their problem-solving abilities, and foster a competitive yet collaborative learning environment. Gamified learning not only increases student engagement but also cultivates perseverance and resilience in the face of challenges.

5. **Multisensory Learning:** Recognizing that students have diverse learning preferences, multisensory learning incorporates auditory, visual, kinesthetic, and tactile elements into instructional strategies. By appealing to multiple senses, educators cater to varied learning styles and enhance information retention and comprehension. Utilizing multimedia resources, hands-on activities, and interactive demonstrations, multisensory learning maximizes student engagement and promotes inclusivity in the classroom.

6. **Peer Teaching and Collaborative Learning:** Encouraging peer teaching and collaborative learning empowers students to become active participants in the teaching-learning process. Through group discussions, peer tutoring, and collaborative projects, learners not only reinforce their own understanding but also develop interpersonal skills, teamwork, and leadership abilities. Peer interaction fosters a supportive learning community where students learn from each other's perspectives and experiences.

In conclusion, innovative teaching methodologies redefine the educational landscape by prioritizing student engagement, collaboration, and active learning. By embracing approaches such as the flipped classroom, project-based learning, experiential learning, gamification, multisensory learning, and peer teaching, educators can enrich the learning experience, inspire curiosity, and cultivate lifelong learners equipped for success in an ever-evolving world. As we continue to explore and implement novel teaching strategies, let us remain committed to nurturing a dynamic and inclusive learning environment where every student can thrive and realize their full potential.

Optimising Academic Performance in India:

Ms. Navdeep Kaur
Assistant Professor, CGC-J

The Influence of Keywords One cannot emphasise how crucial keywords are to education, particularly when it comes to tackling issues like student disengagement in conventional lecture-style classrooms. Teachers can create dynamic, engaging learning environments by carefully including keywords into their lesson plans. This is the reason why keywords are so important for raising participation and engagement levels in the classroom:

Let's explore how the concept of keywords can revolutionize education in India across different facets:

1. **Lectures in Indian Classrooms:** Making use of keywords can improve the efficacy of instruction in Indian classrooms, which frequently have sizable class numbers and a diversity of learning styles. Keywords such as Gandhi, non-violence, and civil disobedience, for example, can act as focus points in a history lecture on the Indian independence movement, helping students understand the main aspects of the subject regardless of their attention spans or amount of prior knowledge.

2. **Indian School Examinations:** In the competitive world of Indian exams, where rote memory frequently takes precedence, stressing keywords might help children develop their critical thinking abilities and deeper comprehension. When students underline terms like carbon dioxide, and light-dependent reactions on a scientific exam relatedto photosynthesis, it pushes them to show conceptual understanding rather than just memorising facts.

3. **Employment Interviews in the Indian Market:** A candidate's chances in an interview can be improved by skillfully using keywords, as employability skills are highly valued in India's expanding employment market. For example, using buzzwords like SEO, PPC, and Conversion Rate Optimisation in a marketing interview for an e-commerce position demonstrates the candidate's knowledge with digital marketing methods, which aligns with industry standards.

4. **Research Projects in Indian Academics:** Choosing pertinent keywords can increase the exposure and influence of scholarly work in the field of academic research in India, where interdisciplinary cooperation and information sharing are critical. Using phrases like organic farming, water conservation, and crop diversification in a research paper about sustainable agriculture techniques in India, for example, not only draws attention from other researchers but also helps address urgent societal issues. novation, and academic performance by incorporating the power of keywords into educational procedures throughout lectures, exams, interviews, and research projects. Adopting this strategy not only gives students the skills they need to succeed in the modern world, but it also establishes India as a global leader in innovative.

Conclusion: Keywords significantly impact education in India, from classroom instruction to research projects. By skillfully incorporating relevant terms, educators can enhance student engagement, critical thinking, and overall academic performance, positioning India as a global leader in innovative education.

CAMPUS BUZZ

INSIDE
CGC-J

Department of International Affairs

MoU Signing With US

International Students Debate

International Diplomate Conclave 2024

Sports and Cultural Activities of International Students

Department of
Applied Sciences

National Science Day Celebration

As a tribute to Indian Physicist Sir Chandrasekhara Venkata Raman, Applied Sciences Department at Chandigarh Engineering College, Jhanjeri, Campus, Mohali, celebrated National Science Day with the theme 'Indigenous Technologies for Viksit Bharat', with great fervor on 28 February 2024. The purpose of organizing the events was to assist students in comprehending the value of exploring the world of science to enlighten their surroundings with fresh knowledge.

Department of Electronics & Communications Engineering

The Department of Electronics and Communication Engineering organizeda Two Days National Seminar on Recent advancements and Challenges in Artificial Intelligence and Machine learning. The objective of this Seminarwasto bring together leading academic scientists, researchers, research scholars and educators to exchange and share their experiences in the areas of AI and ML.

Department of
Civil and Mechanical Engineering

2 day workshop on "Innovation in Manufacturing with 3D Printing"

The Mechanical Engineering department at Chandigarh Engineering College, Jhanjeri organized a two-day workshop titled "Innovation in Manufacturing with 3D Printing" for students and faculty. The workshop aimed to provide practical knowledge in 3D manufacturing processes and address associated challenges. Mohsin Vadgama (Application Engineer) and Hiren Patel (Business Development Manager) from Go 3D Innovation LLP led the event.

24-HOUR HACKATHON HACK-N-WIN

Department of Computer Science and Engineering

The 24-hour hackathon HACK-N_WIN organized by the Department of Computer Science Engineering of Chandigarh Engineering College, Jhanjeri commenced with over 600 participants from various colleges. The event featured a traditional lamp- lighting ceremony and welcomed distinguished guests, adding value to the hackathon.

On 13 March 2024, World No Smoking Day, the pharmacy department, with DSA and NSS, spearheaded a rally to enlighten the community on the dangers of smoking. The event was a crucial educational effort, advocating for a smoke-free lifestyle and underscoring the significant health risks associated with tobacco use. It reflected the institution's dedication to public health and its role in fostering a well-informed, healthier society.

Chandigarh Pharmacy College, in partnership with its NSS wing, also conducted a commendable eye checkup camp at Majatri Village, which they have adopted. This initiative is part of their ongoing commitment to the village's development, ensuring the well-being of its residents through essential healthcare

Department of Pharmacy

INTERACTIVE SESSION ON "AWARENESS ON HUMAN RIGHTS"

Department of Law

The interactive session on " Awareness on Human Rights " was held at Chandigarh Law College Jhanjeri on 27/02/2024. The event aimed to shed light on the significance of human rights and understanding the Purpose behind establishment of human rights. Sh. Prabodh Kumar, IPS, Spl. DGP on Punjab State Human Rights, graced the occasion as the keynote speaker. Attendees Session was Chaired by Sh. Prabodh Kumar, IPS, Spl. DGP on Punjab State Human Rights, Ms. Bismin Dhaliwali, Director, Office of Students Welfare, Dr. Tufail Ahmed Khan- Director CLC, Dr. Namita Vyas Joshi- Dean CLC, Dr. Gurdeep Kaur- Head of Department, CLC. Starting the Session Dr. Tufail Ahmed Khan-Director CLC formally welcome respected Sh. Prabodh Kumar, IPS, Spl. DGP on Punjab State Human Rights. 10 Faculty Members from Chandigarh Law School , 200 approximate students were present in the session. Finally session culminated by presentation of 'vote of thanks' by Dr. Gurdeep Kaur- Head of Department, CLC.

Department of Commerce

Data Analysis using MS Excel and AI Tools for Business

Add-on Course

30Hrs. Value Added Course on Persona Pulse : A Grooming & Personality Boot camp

30Hrs. Value Added Course on Tally Esentials

Department of Journalism & Mass Communication

World Theatre Day

Saragarhi Act

The Library

Chandigarh Group of Colleges, Jhanjeri has state-of-the-art academic library that provides a congenial atmosphere for reading and research purposes. The library has 49081 volumes of books, 55 journals. The library is fully automated with integrated library management software koha. The library has a rich collection of books related to curriculum as well as the reference books. The CGCJ library provides congenial atmosphere for self study and it supplements classroom teaching. Library staff is committed to help students utilize the library resources in best possible way. The library aims at subscribing to reputed journals and magazines in various subjects as well as interdisciplinary research areas in the near future. CGCJ library has the membership of national digital library of India. The CGCJ library provides access various renowned e-resources i.e. ebsco host, scopus, delnet, manupatra legal databases. CGCJ library also provides awareness programmes to its clients.

Department of Student Affairs

The Department of Student Affairs (DSA) at Chandigarh Group of Colleges, Jhanjeri is an essential pillar with an objective to foster the overall well-being and development of students. By promoting mental and emotional health, facilitating extracurricular activities, enhancing academic support, promoting inclusivity and diversity, and offering career and personal development resources, the DSA team ensures that students have the support they need to thrive both during their academic journey and beyond. The holistic approach of the DSA is fundamental to creating a nurturing educational environment where students can excel academically, personally, and professionally.

Glimpses of DSA Activities

Cultural Events

Bhangra

Western Dance

Natti

Sports Activities

Volleyball

Cricket

Kabbadi

Theatre

Monologue

Nukkad Natak

Drama

Celebrity Attraction at CGC-J

Biggest Events

Iftar

Lohri

Diwali Mela

Teej

Holi

DIWALI CARNIVAL
INCREDIBLE INDIA

Achievements

1st Position in IKGPTU Inter-College Volleyball Tournament (Boys & Girls)

Seven Victories Banjara Band's National Conquest

Gidha Team 1st Position at Amity University

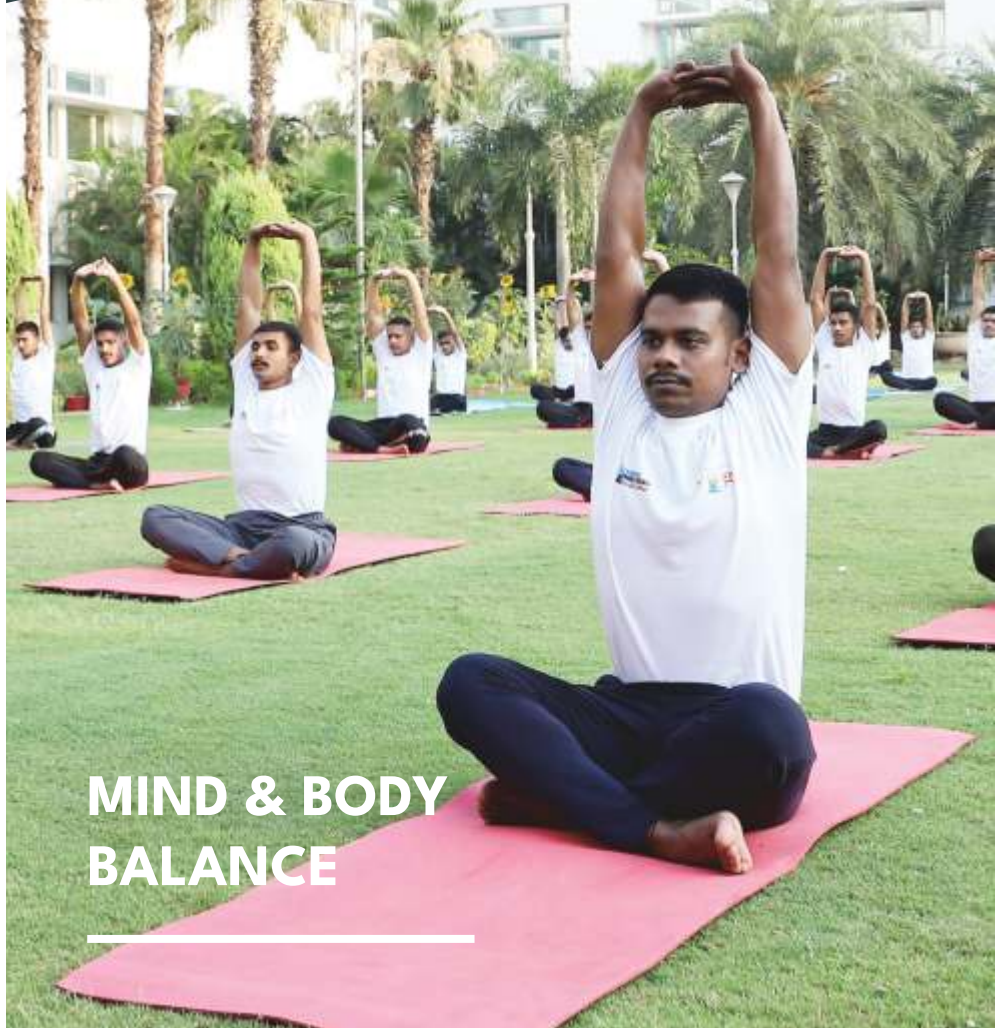**1st Position in South Zone Youth Fest at SVIET College**

1st Position in Calligraphy at Amity University

1st Position in Modeling at Amity University

HEALTH & WELLNESS

MIND & BODY BALANCE

Counselling Sessions

On this Mental Health Awareness Month, May 2024

"Challenge New Normal-Life Style"

Definition of normal is changing. For many of us, New Normal is… Overthinking, Multitasking (taking on more responsibility than one can handle), Workaholism (at times running away from demanding relations), Over Ambition (achieving more in little time), Being Busy (mostly on social media), No Time (for my own health), Preoccupied and Always Rushed. Some of us feel overwhelmed ticking 'Things to do list' which grows bigger every day.

What we do not realise is that this New Normal-Life Style is responsible for our Irritation, Frustration, Anger, Mood Swings and Anxiety that so many of us are feeling on a daily basis. If our Emotional Health goes unnoticed at this stage, we are in for Mental Health issues like Panic Attacks, Depression, OCD, Borderline Personality Disorder to name a few.

To all those who are in great rush always: please take a deep breath, slow down a bit, and perform your daily activities from a calmer space. You would be surprised to learn that you can actually accomplish more when you are peaceful. You also conserve and manage your energy levels better.

Appeal to all of you to spend some time on your Mental/ Emotional health.

Do not hesitate to ask for help if required.

Ms. Leena Garg
Professional Counsellor

FIND YOUR TRIBE

CLUBS

STUDENT COMMUNITIES

CLUBS OF DSA

MIND BENDERS
LITERARY & STUDENT DEVELOPMENT CLUB

LOVE BOOKS AND BIG IDEAS? THIS CLUB IS WHERE YOU CAN SHARPEN YOUR WRITING, EXPLORE YOUR ARTISTIC SIDE WITH CALLIGRAPHY, AND DEBATE THE STUFF THAT REALLY MATTERS. GET READY TO BUILD SKILLS THAT IMPRESS AND MAKE YOU A BETTER THINKER.

LOVE TO CREATE? JOIN THE CLUB FOR ALL THINGS ART! PAINT, DRAW, EXPERIMENT WITH DIFFERENT STYLES, AND MAKE AMAZING MASTERPIECES. GET INSPIRED, LEARN NEW TECHNIQUES, AND CONNECT WITH OTHER CREATIVE MINDS.

Art Masters
Fine Arts Club

RANGMANCH
THEATER CLUB
★★★

 LIGHTS, CAMERA, ACTION! THIS CLUB IS YOUR STAGE TO SHINE. DISCOVER ACTING, MIME, SKITS, AND ONE-ACT PLAYS. UNLEASH YOUR INNER STAR, BUILD CONFIDENCE, AND EXPRESS YOURSELF LIKE NEVER BEFORE.

THE INNOVATORS CLUB IS YOUR PLATFORM TO TRANSFORM IDEAS INTO SUCCESSFUL VENTURES. COLLABORATE WITH A COMMUNITY OF ASPIRING ENTREPRENEURS, RECEIVE EXPERT GUIDANCE, AND GAIN THE SKILLS TO LAUNCH YOUR OWN STARTUP. LET'S BUILD THE FUTURE TOGETHER!

INNOVATORS
THE STARTUP CLUB

C-CLICK
THE PHOTOGRAPHY CLUB
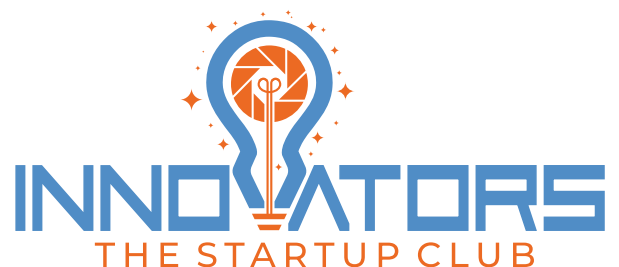
SEE THE WORLD DIFFERENTLY! THIS CLUB IS YOUR CREATIVE PLAYGROUND FOR PHOTOGRAPHY AND FILMMAKING. EXPERIMENT WITH DIFFERENT STYLES, CAPTURE YOUaR UNIQUE PERSPECTIVE, AND SHARE YOUR VISION.

MOVE TO THE RHYTHM OF THE WORLD! THIS CLUB CELEBRATES ALL CULTURES THROUGH MUSIC AND DANCE! EXPRESS YOURSELF ARTISTICALLY, LEARN NEW STYLES, AND BE PART OF A VIBRANT COMMUNITY!

R CKERS
THE CULTURAL CLUB

SPORTS AVENGER
FROM FIELD TO VICTORY

GET YOUR GAME ON! THIS SPORTS CLUB IS ALL ABOUT ACTION. COMPETE IN TOURNAMENTS, TRY NEW SPORTS, AND BUILD YOUR FITNESS. TEAM SPIRIT, HEALTHY COMPETITION, AND GOOD TIMES GUARANTEED.

READY TO RULE SOCIAL MEDIA? THIS CLUB IS YOUR ULTIMATE GUIDE TO BUILDING A STRONG ONLINE PRESENCE. LEARN THE INS AND OUTS OF DIFFERENT PLATFORMS, CREATE KILLER CONTENT, AND BOOST YOUR DIGITAL KNOW-HOW. GET THE SKILLS TO SHINE ONLINE!

SOCIO COM
UNITE. ENGAGE. IMPACT.

Student Communities

D4 Community

Discite.Develop.Debug.Deploy

D4 community is a Open-Source student oriented organization that was established by Students, focusing on growing TOGETHER as a community, encouraging and promoting communication, collaboration between members of the tech community, best practices, and technical expertise for both absolute beginners and Experts in an Inclusive environment.

BEST PLACE FOR YOU TO START YOUR JOURNEY INTO TECH.

In the heart of our college campus lies a dynamic hub of creativity, ingenuity, and collaboration-the D4 community. From aspiring engineers to seasoned developers, D4 brings together individuals passionate about technology and its potential to transform the world. As we celebrate the spirit of innovation, let's take a closer look at what makes D4 a driving force within our college community.

At its core, D4 is a diverse and inclusive community that embraces individuals from all backgrounds and disciplines. Whether you're a computer science major, a design enthusiast, or a business student with an interest in technology, there's a place for you in D4. By fostering a culture of diversity and inclusivity, we ensure that everyone has the opportunity to contribute their unique perspectives and skills to our collective endeavors.

One of the key pillars of D4 is its commitment to foster innovation. Through hackathons, and collaborative projects, members of the D4 community are constantly pushing the boundaries of what's possible with technology. From developing mobile apps to tackling real-world challenges through creative solutions, D4 provides a platform for students to turn their ideas into reality and make a meaningful impact.

Moreover, D4 serves as a bridge to the tech industry, offering networking events, internships, and mentorship programs to connect students with industry professionals. This connection helps students gain valuable insights into career opportunities and equips them with the skills and knowledge needed for success.

Above all, D4 is driven by a shared passion for using technology to create positive change. Members work on projects for social good, promote sustainability through tech, and advocate for diversity and inclusion in the industry.

As we look to the future, the D4 community remains committed to fostering innovation, collaboration, and positive change within our college and beyond. With new hackathons, events, and initiatives, we continue to push the boundaries of what's possible and inspire the next generation. Together, we are shaping the future of technology and making a difference in the world-one line of code at a time.

FOR THE STUDENTS! BY THE STUDENTS!

GeeksForGeeks Student Chapter CGCJ

Vision

To foster a dynamic learning environment where students at Chandigarh Engineering College Jhanjeri cultivate a passion for continuous growth in computer science. We envision a community driven by innovation, collaboration, and excellence, where individuals embrace challenges as opportunities to expand their knowledge and skills.

Mission

Our mission is to empower students with the latest trends and technologies in computer science through immersive learning experiences, hands-on workshops, and collaborative projects. We are committed to nurturing a culture of curiosity, creativity, and problem solving, equipping students with the skills and mindset necessary to thrive in the ever-evolving tech industry. By organizing hackathons, workshops, and other events, we aim to provide a platform for students to explore their interests, expand their networks, and transform their ideas into impactful solutions. Together, we strive to inspire, innovate, and elevate the future leaders of technology.

ACM Student Chapter CGC-J

The ACM (Association for Computing Machinery) Student Chapter at CGC Jhanjeri is a vibrant and dynamic organization dedicated to fostering the growth and development of students interested in computer science and related fields. Established within the campus of CGC Jhanjeri, this student chapter serves as a platform for aspiring technologists to explore, innovate, and collaborate within the ever-evolving realm of computing.

At its core, the ACM Student Chapter at CGC Jhanjeri functions as a hub for students to engage in a wide range of activities aimed at enhancing their academic, professional, and personal growth. From organizing workshops and seminars to hosting coding competitions and hackathons, the chapter endeavors to provide its members with opportunities to expand their knowledge, sharpen their skills, and network with like-minded individuals.

One of the primary objectives of the ACM Student Chapter is to facilitate learning beyond the confines of the classroom. Through guest lectures delivered by industry experts and faculty members, students gain insights into cutting-edge technologies, industry trends, and real-world applications of computer science concepts. Additionally, the chapter actively promotes research and innovation by encouraging students to participate in research projects, publish papers, and present their work at conferences.

Furthermore, the ACM Student Chapter plays a pivotal role in promoting a culture of collaboration and camaraderie among students. Regular meetups, study sessions, and group projects provide opportunities for students to collaborate, share ideas, and learn from each other's experiences. Moreover, the chapter organizes social events and recreational activities to foster a sense of community and belonging among its members.

Beyond its campus borders, the ACM Student Chapter at CGC Jhanjeri is committed to serving the wider community through outreach initiatives and social responsibility projects. Whether through organizing tech workshops for local schools or participating in community service activities, the chapter strives to leverage the power of technology for the social good.

In essence, the ACM Student Chapter at CGC Jhanjeri is not just a student organization; it is a catalyst for personal and professional growth, a community of passionate learners and innovators, and a force for positive change in the world of computing. Through its diverse range of activities and initiatives, the chapter empowers students to realize their full potential and make meaningful contributions to the field of computer science and beyond.

CHANDIGARH
GROUP OF COLLEGES

2024

NCC & NSS

NATIONAL CADET CORPS (NCC)

NATIONAL SERVICE SCHEME (NSS)

THE NATIONAL CADET CORPS (NCC)
75th REPUBLIC DAY CELEBRATION

Republic day was celebrated at 1-26-2024 in which 53 cadets marched and shown there discipline and patriotism towards nation. Looking back at the history of India, when the country marks and celebrates the date on which the Constitution of India came into effect on 26 January 1950, replacing the Government of India Act 1935 as the governing document of India and thus, turning the nation into a newly formed republic.

The day also marks the transition of India from an autonomous Commonwealth realm with British Monarch as nominal head of the Indian Dominion; to a fully sovereign republic in the Commonwealth of Nations with the President of India as the nominal head of the Indian Union.

The National Service Scheme (NSS)

National service Scheme aims at fostering community engagement and service-oriented activities. It bring together the dedicated volunteers to make a positive impact in various aspects of community development.

Tree Plantation

Swachh Bharat Abhiyan

Free Eye Checkup Camp

Mothers Day Celebration

Save Water Rally

Student Advisory Council

Rajan	Swayam	Karanjot	Rashmeet	Vignesh
Vishu	Vibhuti	Sakshi	Ishant	Sounak
Khushi	Aditya	Lakshita	Manvindra	Anand
Anand	Aryan	Brahmleen	Kopal	Anand
Sneha	Sahil	Avantika	Saksham	Mohit

CAREER COMPASS

EMPOWERING FUTURES: THE CCPD VISION

INDUSTRY INTEL
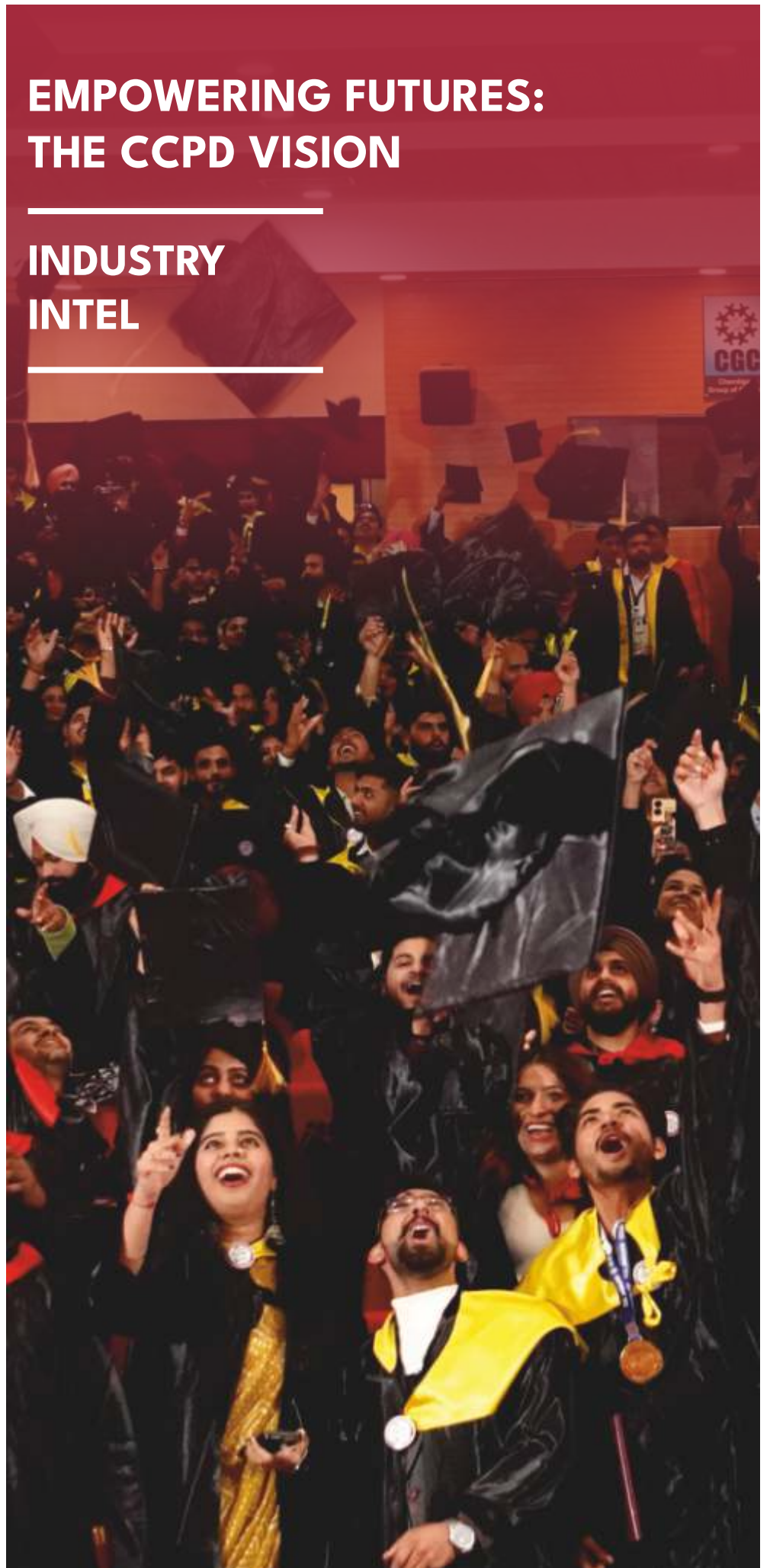
Placement Day

Stars of CGC-J

ANMOL BHATEJA
PACKAGE
45.5 LPA
PLACED IN
amazon

MEGHA KWATRA
PACKAGE
40.9 LPA
PLACED IN
Adobe

DEEPIKA
PACKAGE
36 LPA
PLACED IN
AUTODESK

ANKITA KUMARI
PACKAGE
30 LPA
PLACED IN
MuSigma

JATSYA MOHLA
PACKAGE
30 LPA
PLACED IN
MuSigma

RAJAT RANA
PACKAGE
13.5 LPA
PLACED IN
TATA CARA

SULEKHA KUMARI
PACKAGE
11.0 LPA
PLACED IN
Whirlpool

PARAS
PACKAGE
10.5 LPA
PLACED IN
Topline

VIVEK JOSHI
PACKAGE
10.0 LPA
PLACED IN
IntelliPaat

HARDEEP SINGH
PACKAGE
9.0 LPA
PLACED IN
teachnook

TANVI
PACKAGE
8.0 LPA
PLACED IN
AdvantageClub

PRATTYAY AMRIT
PACKAGE
7.68 LPA
PLACED IN
PROPERTYPISTOL.com

ANKITA SHARMA
PACKAGE
7.1 LPA
PLACED IN
pyramid

ANJALI
PACKAGE
7.1 LPA
PLACED IN
pyramid

AADEEB SHEBAJ
PACKAGE
7.1 LPA
PLACED IN
pyramid

DIVANSHU
PACKAGE
7.1 LPA
PLACED IN
pyramid

SHAKSHI THAKUR
PACKAGE
7.1 LPA
PLACED IN
pyramid

ADITI VERMA
PACKAGE
6.4 LPA
PLACED IN
BLUE STAR

PRAYANSHI SHARMA
PACKAGE
6.2 LPA
PLACED IN
NATIONAL INSTRUMENTS

AMAN GOSWAMI
PACKAGE
6.2 LPA
PLACED IN
NATIONAL INSTRUMENTS

Microsoft · AlphaGrep · ROYAL ENFIELD · Mu Sigma · IBM · wipro · SAP · TATA CONSULTANCY SERVICES

DELL technologies · brillio · AUTODESK · AXIS BANK · accenture · uTrade Solutions Pvt. Ltd. · Groww · NATIONAL INSTRUMENTS

DXC TECHNOLOGY · Flipkart · amazon web services · PERSISTENT · Cognizant · NUTANIX · nc · **And the list goes on....**

CGC LUMINARIES

**ALUMNI
MEET**
———————
**ALUMNI
CONNECT**
———————

ALUMNI MEET

ALUMNI CONNECT

Himanshu Aggarwal

Principal Business Analyst

FIS

"The one golden advice I want to give to all the students is just follow your own instincts and give your 100% to achieve that goal. Explore the outer world and then only you will learn beyond academics."

in

QnA

Question: Can you start by telling us about your journey since graduating in 2014? How has your career progressed?

Answer: Certainly. I began my career in 2015 at Arbor Financial Systems, delving into the financial domain. Over the years, I've worked with several organizations, and currently, I'm a Principal Business Analyst at FIS Global in Pune. COVID-19 did present challenges, but adaptation and perseverance were key to navigating through.

Question: How did you navigate challenges during your career, especially during the COVID-19 pandemic, and what advice would you offer to students facing similar uncertainties, like the current recession?

Answer: Challenges are inevitable, but it's essential to focus on honing your skills and adapting to changing circumstances. During uncertain times, emphasizing skill development and staying updated with industry trends can enhance employability and resilience.

Question: There is an increasing sentiment among recruiters that there is a gap between academic learning and practical application. Can you elaborate on that and offer advice to students on how to bridge this gap effectively?

Answer: Absolutely. Academic learning provides a foundation, but real-world scenarios often require additional skills. It's essential for students to explore beyond their textbooks, engage in practical projects, and seek out supplementary resources like online courses and industryrelevant books. This proactive approach will better equip them for the demands of the corporate world.

Question: Can you share any insider tips or "cheat codes" for students aspiring to enter the financial domain, considering your extensive experience?

Answer: Certainly. Understanding the basics thoroughly is crucial. Delve deep into foundational concepts, explore resources from renowned authors, and consider certifications like NSE and BSE, which offer valuable insights at a more accessible level compared to advanced certifications like CFA. Building a strong foundation is key to long-term success in finance.

Question: What advice would you give to students in college to maximize their future success?

Answer: While my college didn't offer extensive networking opportunities, self-driven learning and exploration were pivotal in my career growth. I'd advise students to actively seek industry connections, participate in internships, and pursue certifications relevant to their interests. Maximizing college experiences beyond academics can significantly enhance one's professional journey.

Question: Is there any final piece of advice that you would like to share with us?

Answer: To all the aspiring professionals out there, remember that challenges are merely stepping stones to success. In today's dynamic world, where the gap between academia and industry demands continues to widen, embracing continuous learning and practical application is crucial. COVID-19 may have disrupted traditional career paths, but it has also highlighted the importance of adaptability and resilience. Seize every opportunity to expand your skill set, cultivate industry connections, and chart your unique path to success. Remember, the journey may have its ups and downs, but perseverance and a thirst for knowledge will ultimately pave the way to your dreams.

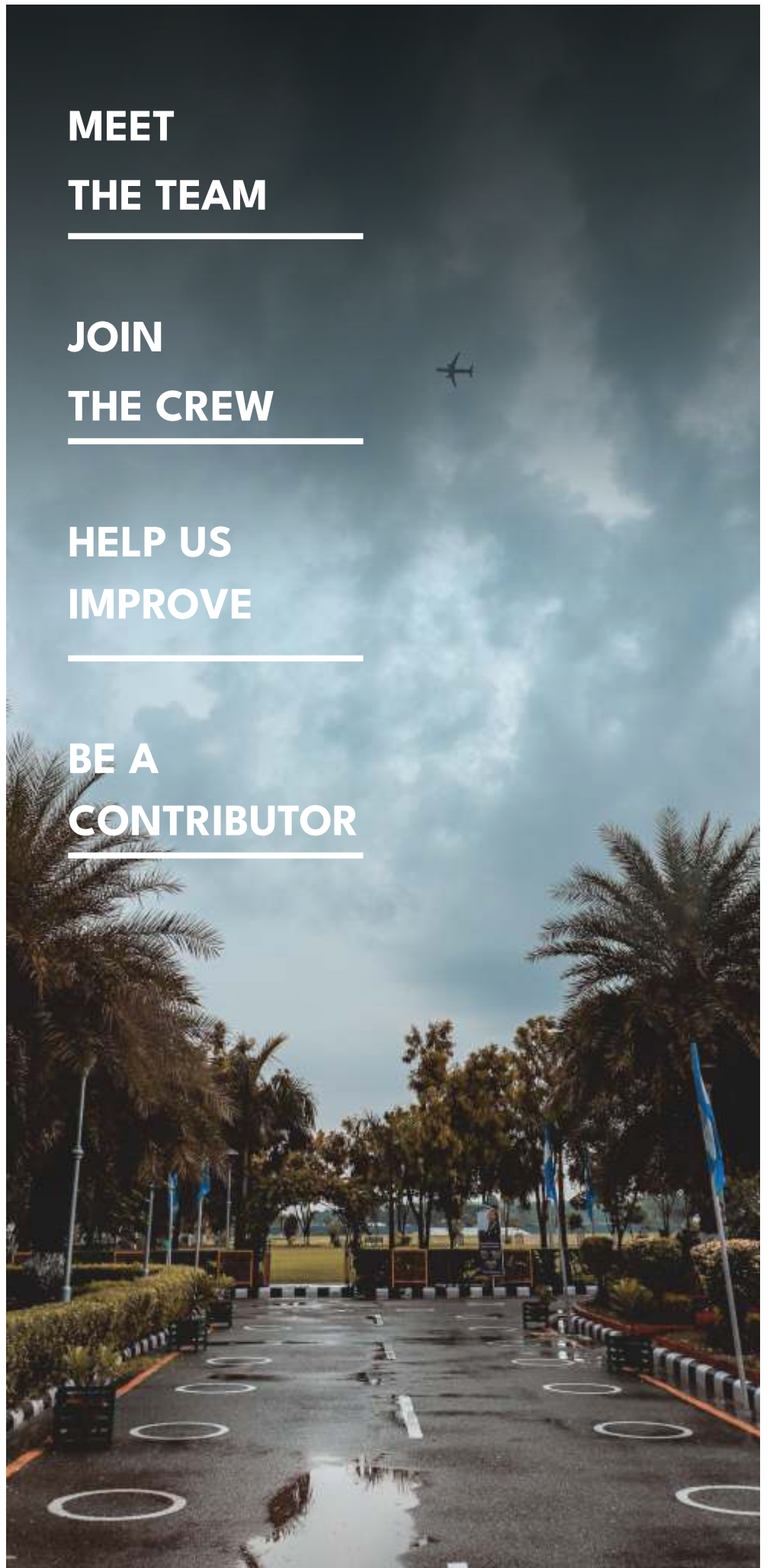# PROPS & CREDITS

MEET
THE TEAM

JOIN
THE CREW

HELP US
IMPROVE

BE A
CONTRIBUTOR

College Magazine Committee

Ms. Bismin Dhaliwal
Convener
Director Student Affairs

Dr. (Prof.) Sachin Sharma,
Advisor
Dean Student Affairs

Ms. Krishna Kalsi
Editor-in-Chief
Department of English

Ms. Aakriti Mahajan
Co-Editor
CCPD- Soft Skills trainer

Mr. Raghav Chadha
Managing Editor
Department of Student Affairs

Students' Editorial Team

**Akshat Singh
Student Editor-in-chief**

**Rishika Kodwani
Lead Writer**

**Harshdeep Singh
Lead Designer**

**Saumya Jain
Lead Editor**

Mind Benders office bearers:

1. Akshat Singh (President & Editor-in-chief)

2. Priyanka Mankotia (Vice-President & Editorial Coordinator)

3. Ashish-Guleria. (Secretary & Art Director)..

4. Jaywardhan Rathore (Joint Secretary & Copy Editor)

5. Vansh Mahajan (Treasurer & Art Director)

Designing Team:

1. Harshdeep Singh (Lead)

2. Karanjot Singh Malhotra

3. Abhinav Aggarwal

Writing Team:

1. Rishika Kodwani (Lead)

2. Janit Kumar

3. Japjeet Kaur Arora

4. Riyanaa

5. Sujal

6. Daivy Bhardwaj

7. Shilpi

8. Sapna Tanwar

9. Ashutosh Yadav

Editing Team:

1. Saumya Jain (Lead)

2. Ayush Gupta

3. Garima

4. Kunal

5. A S Rajan Spolia

Join the crew!

Love what we do? Scan the QR code on the left to be considered for the team.

Help us improve!

Got a suggestion or some feedback? We are all ears! Scan the QR code on the right and provide us with your valuable feedback.
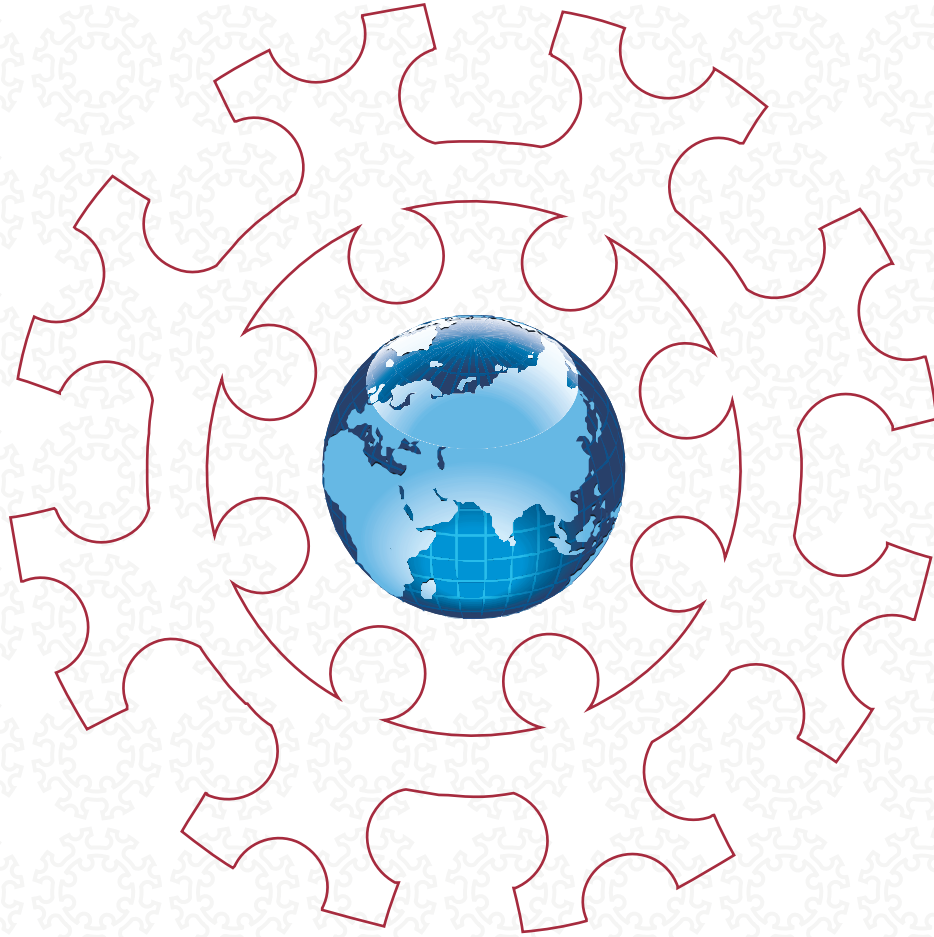
Be a Contributor!

Want to get featured in Student submissions x Open gallery or Ideas Exchange? Submit your work by scanning the QR code below!

Chandigarh-Sirhind Road, Jhanjeri, Mohali-140307, Punjab

General Helpline : 0172-5045300

E-Mail: admissions@cgc.ac.in

Toll Free: 1800 274 0444

Admission Helpline: 8437604444

/ChandigarhGroupOfCollegesJhanjeri | /cgcjhanjeri | /school/cgc-jhanjeri