

**ਸ਼ਹੀਦ ਮੇਜਰ ਹਰਮਿੰਦਰਪਾਲ ਸਿੰਘ (ਸ਼ੈ.ਚੌ.) ਸਰਕਾਰੀ ਕਾਲਜ, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ**

**SHAHEED MAJOR HARMINDERPAL SINGH (Shaurya Chakra) GOVERNMENT COLLEGE, SAHIBZADA AJIT SINGH NAGAR**

ਫੇਸ-6, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ (ਮੋਹਾਲੀ)-160056

Phone No. 0172-2225164

e-mail ID: [principal.gcmohali@gmail.com](mailto:principal.gcmohali@gmail.com)



**Books \ Chapters and papers published in conference Proceedings by  
the faculty during last five years.**

ਸ਼ਹੀਦ ਮੇਜਰ ਹਰਮਿੰਦਰਪਾਲ ਸਿੰਘ (ਸ਼ੈ.ਚੱ.) ਸਰਕਾਰੀ ਕਾਲਜ, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ

SHAHEED MAJOR HARMINDERPAL SINGH (Shaurya Chakra) GOVERNMENT COLLEGE, SAHIBZADA AJIT SINGH NAGAR  
 ਫੋਨ-6. ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ (ਮੋਹਾਲੀ)-160056 Phone No. 0172-2225164 e-mail ID: [principal.gcmohali@gmail.com](mailto:principal.gcmohali@gmail.com)

TABLE OF CONTENT:

Books/Chapters and papers published in conference proceedings during last five years.

S.NO	Title of the Book / Chapters/ Conference Proceedings	Name of the Teacher	Page No.
1	Dynamics of Library for excellence in electronic revolution	Pardeep Rattan	1-3
2	Leveraging Digital Technology	Pardeep Rattan	4-6
3	Zindgi Di Saver	Sarabjit Kaur	8-9
4	Viah de Geet-Vichardharak Adhyan	Sarabjit Kaur	10
5	Sri Guru Granth Sahib ji Guardian of Human Rights	Sarabjit Kaur	11
6	Guru Teg Bahadar Ji Sdachatrik Jiwan da Mahatav	Sarabjit Kaur	12
7	Sant Sipahi Guru Hargobind Sahib Ji	Sarabjit Kaur	14
8	Bhartiye Sanskriti Aur Sangeet	Manoj kumar	15-17
9	Knowledge transformation in digital world	Pardeep Rattan	18-19
10	Ajoke sanaj di –Yathaithahs Peshkari Ikk Takk hor	Sarabjit Kaur	20
11	Kahani-Sangreh 'Headmistress'Da Samajik Sarokar	Sarabjit Kaur	21
12	Kahani-Sangreh'Zamana Badal Gaya' Da Vishegat Adhiyan	Sarabjit Kaur	22
13	Number Theory	Harjinder Singh	23-24
14	AIP Conference Proceedings	Shilpy Bhullar	25
15	Lifestyle Management and Gender Equality For A Sustainable Development	Rashmi Parbhakar	26-36
16	Lifestyle Management and Gender Equality For A Sustainable Development	Pardeep Rattan	26-36
17	Lifestyle Management and Gender Equality For A Sustainable Development	Aarti Bakshi	26-36
18	Lifestyle Management and Gender Equality For A Sustainable Development	Amritpal Singh	26-36
19	Lifestyle Management and Gender Equality For A Sustainable Development	Rohini Devi	26-36
20	Lifestyle Management and Gender Equality For A Sustainable Development	Shilpi Bhullar	26-36



Coordinator  
 NAAC  
 SMHS Government College  
 Sahibzada Ajit Singh Nagar

Harjeet Goyal

Principal  
 SMHS Govt. College  
 Sahibzada Ajit Singh Nagar



**ਸ਼ਹੀਦ ਮੇਜਰ ਹਰਮਿੰਦਰਪਾਲ ਸਿੰਘ (ਸ਼ੈ.ਚ.) ਸਰਕਾਰੀ ਕਾਲਜ, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ**


**SHAHEED MAJOR HARMINDERPAL SINGH (Sharya Chakra) GOVERNMENT COLLEGE, SAHIBZADA AJIT SINGH NAGAR**

ਫੋਸ-6. ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ (ਮੋਹਾਲੀ)-160056

Phone No. 0172-2225164

e-mail ID: [principal.gcmohali@gmail.com](mailto:principal.gcmohali@gmail.com)

S.NO	Title of the Book / Chapters/ Conference Proceedings	Name of the Teacher	Page No.
21	Lifestyle Management and Gender Equality For A Sustainable Development	Nishtha Tripathi	26-36
22	Contemporary Ideas on Sustainable Well-being and Mental Health	Ghansham Singh	26-36
23	Contemporary Ideas on Sustainable Well-being and Mental Health	Ghansham Singh	37
24	Contemporary Ideas on Sustainable Well-being and Mental Health	Vipan Chaudhary	37
25	Contemporary Ideas on Sustainable Well-being and Mental Health	Gurpreet Kaur	37
26	Contemporary Ideas on Sustainable Well-being and Mental Health	Tejinder Kaur	37
27	Contemporary Ideas on Sustainable Well-being and Mental Health	Guljeet Singh	37
28	Contemporary Ideas on Sustainable Well-being and Mental Health	Harjeet Gujral	37
29	Let's Get Thriving A Comprehensive Guide to Achieving Optimal Health and Well-Being	Gurpreet Kaur	38-41
30	Let's Get Thriving A Comprehensive Guide to Achieving Optimal Health and Well-Being	Reetinder Joshi	38-41
31	Sustainable Development Issues and Best Practices in Punjab and India	Jaspal Singh	42-48
32	Sustainable Development Issues and Best Practices in Punjab and India	Gunjeet Kang	42-48
33	Sustainable Development Issues and Best Practices in Punjab and India	Rohit Barach	42-48
34	Sustainable Development Issues and Best Practices in Punjab and India	Reetinder Joshi	42-48
35	Sustainable Development Issues and Best Practices in Punjab and India	Shilpy Bhullar	42-48
36	Sustainable Development Issues and Best Practices in Punjab and India	Anureet Bhalla	42-48
37	Sustainable Development Issues and Best Practices in Punjab and India	Sukhvir kaur	42-48
38	Sustainable Development Issues and Best Practices in Punjab and India	Preetinder Kaur	42-48
39	Sustainable Development Issues and Best Practices in Punjab and India	Kirandeep Kaur Kalsi	42-48
40	Sustainable Development Issues and Best Practices in Punjab and India	Gurpreet Singh	42-48

  
 Coordinator  
 NAAC  
 SMHS Government College  
 Sahibzada Ajit Singh Nagar

  
 Principal  
 SMHS Govt. College  
 Sahibzada Ajit Singh Nagar

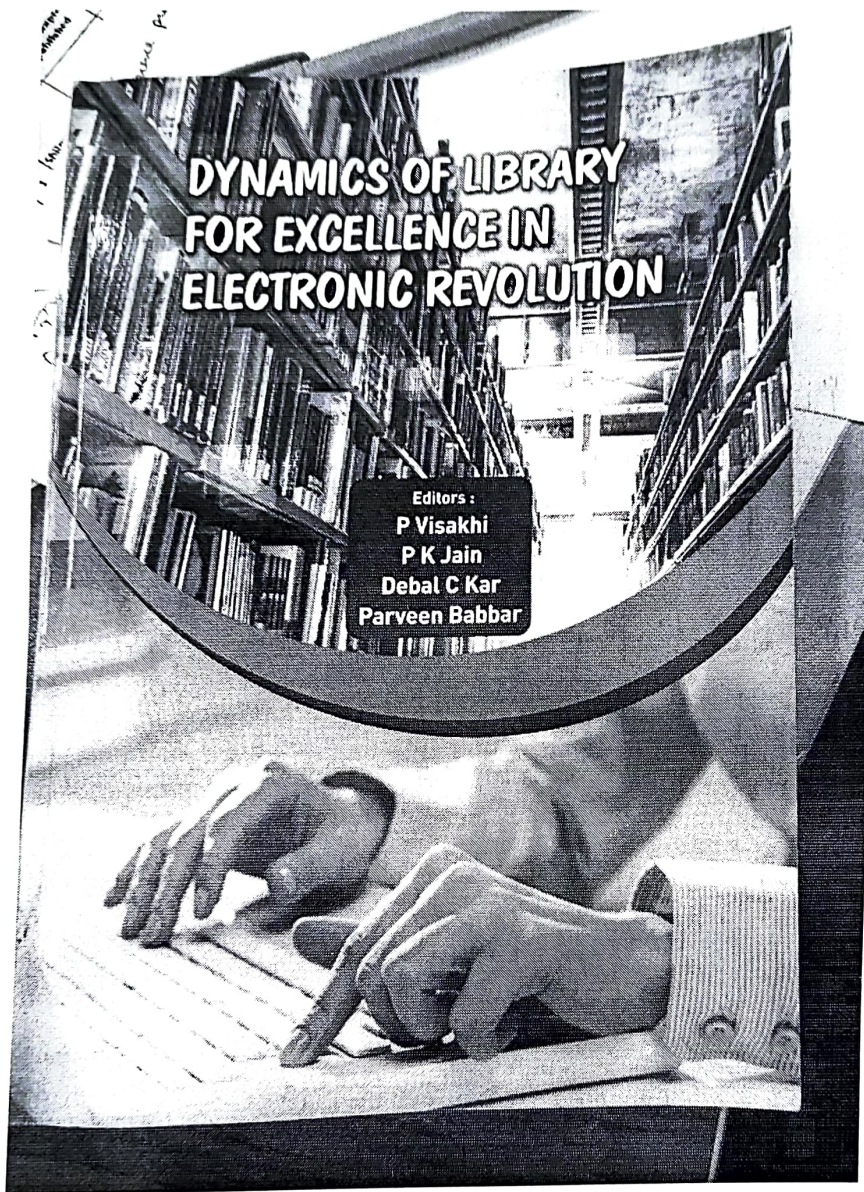
ਸ਼ਹੀਦ ਮੇਜਰ ਹਰਮਿੰਦਰਪਾਲ ਸਿੰਘ (ਸ਼ੈ.ਚੱ.) ਸਰਕਾਰੀ ਕਾਲਜ, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ

SHAHEED MAJOR HARMINDERPAL SINGH (Shaheed Chakra) GOVERNMENT COLLEGE, SAHIBZADA AJIT SINGH NAGAR

ਫੋਸ-6. ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ (ਮੋਹਾਲੀ)-160056

Phone No. 0172-2225164

e-mail ID: [principal.gemohali@gmail.com](mailto:principal.gemohali@gmail.com)





Coordinator  
NAAC

SMHS Government College  
Sahibzada Ajit Singh Nagar



Principal  
SMHS Govt. College  
Sahibzada Ajit Singh Nagar



# ਸ਼ਹੀਦ ਮੇਜਰ ਹਰਮਿੰਦਰਪਾਲ ਸਿੰਘ (ਸ਼ੈ.ਚੈ.) ਸਰਕਾਰੀ ਕਾਲਜ, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ

SHAHEED MAJOR HARMINDERPAL SINGH (Shaurya Chakra) GOVERNMENT COLLEGE, SAHIBZADA AJIT SINGH NAGAR

ਦੇਸ਼-6, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ (ਮੋਹਾਲੀ)-160056

Phone No. 0172-2225164

e-mail ID: principal.gcmohali@gmail.com

### About the book

The book *Dynamics of Library for Excellence in Electronic Age* is the collection of 56 selected contributions presented at International Conference on Library and Information Science (ICLIS 2017) held at IISER, Mohali, India. It gives the perspective through national and international contributions on how to re-organise the spaces in changing perspectives where physical and virtual are blending. The book also discusses some of the emerging and innovative technology applications in I.A. including the issues of collection development and management in electronic age. The case base studies form the crux of the volume and will be of immense value to practicing librarians, students and teachers of library & information science, publishing industry, and IT professionals working in library and information science sector.



**Dr. P. Visakhi** is presently working as Deputy Librarian (Incharge) at IISER Mohali and instrumental in implementing "Learning Commons" in IISER Mohali. She has previously handled two World Bank projects as having 23 years working experience in Library. Presently she was the Chief Librarian of ICAR H.Q, Krishi Bhavan as well as Librarian, IASRI, New Delhi. She presented and published 50 articles in different Journals and Newspapers. She has presented at International Conferences edited and compiled 10 books and two Journals in the field. She got trained at IICL-Dublin for World Cal, Library of Congress- Washington DC. Also visited Libraries at Philippines, Hong Kong, Singapore, France etc. She has been awarded "Young Information Scientist-2006" by SIS and "The Best Citizens of India-2011".



**Dr. P. K. Jain** is the Librarian at Institute of Economic Growth (IEG), University of Delhi Enclave, India. He has more than 30 years of experience in the field of Library and Information Science. He has published more than 30 research papers and presented at national and international conferences in India, USA, Canada, UK, Germany, Japan, France, South Korea, Singapore, Malaysia, Oman, Sri Lanka and Philippines. He is the editor of several books. He has received several awards from Special Libraries Association, USA and various other nationally including SLA Fellow 2015 and SIS Fellow Award from Society for Information Science. He has been very active in organizing and initiating various many seminars, national and international conferences under the banner of Special Libraries Association and Society for Library Professionals.



**Dr. Debal C. Kar** has more than 30 years of experience and holds Ph.D & MLIS Degree in LIS and Master Degree in Philosophy. He is presently working as University Librarian at Ambedkar University Delhi and previously was with TERI. He wrote about 25 articles and edited eight books. He is a recipient of the Endeavour Executive Fellowship 2014 from Government of Australia and worked as Visiting Fellow at University of Technology, Sydney, Australia. He is also recipient of scholarship by Belgium Govt. (ABOS). He was founder editor of World Digital Libraries and Editorial Board member of several journals.



**Dr. Parveen Babbar** is Deputy Librarian at Jawaharlal Nehru University. He has been the author of more than 50 papers published in various national and international journals and conferences. He is also editor of 4 books published as proceedings of International Conferences. He has received many awards and scholarships. He is associated with several professional associations in various capacities in India and abroad including SLA, USA; SLP, India; SIS, India.



**Bookwell**

3/79, Nirankari Colony,  
Delhi-110009  
Tel: 91-11-27601283, 27604536  
Email: bkwell@nde.vsnl.net.in,  
bookwelldelhi@gmail.com  
Web: www.bookwellindia.com

ISBN 978-93-86578-02-0



PRICE ₹ 1595.00

Coordinator  
NAAC  
SMHS Government College  
Sahibzada Ajit Singh Nagar

Harjeet Goyal

Principal  
SMHS Govt. College  
Sahibzada Ajit Singh Nagar



ਸ਼ਹੀਦ ਮੇਜਰ ਹਰਮਿੰਦਰਪਾਲ ਸਿੰਘ (ਸ਼ੈ.ਚੱ.) ਸਰਕਾਰੀ ਕਾਲਜ, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ

SHAHEED MAJOR HARMINDERPAL SINGH (SHAURYA Chakra) GOVERNMENT COLLEGE, SAHIBZADA AJIT SINGH NAGAR  
 ਫੋਸ-6. ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ (ਮੋਹਾਲੀ)-160056 Phone No. 0172-2225164 e-mail ID: [principal.gemohali@gmail.com](mailto:principal.gemohali@gmail.com)

		<i>Dynamics of Library for Excellence in Electronic Revolution</i>		
				Cont
41	A survey on the electronic resources of libraries of engineering colleges affiliated to JNTU-Anantapur, Andhra Pradesh <i>C. Srinivasa Raju and V. Pulla Reddy</i>	392		53
42	Smart Phones Libraries: A Perceptive View of research scholars of faculty of social sciences, Aligarh Muslim University, Aligarh <i>Zeba Khanam, Shazia Khan and Musheer Ahmad Khan</i>	407		54
43	Information Search Strategies by Faculty Members of Health Science Institutions: A Case study from Delhi, India <i>Giriraj G. Halkar</i>	416		55
44	Perspective of the Post Graduate Students of JNMC and ZADC, AMU, Aligarh for the use of Internet and Online Database for Information Retrieval: A Comparative Study <i>Sana Hasaney, Enab Fatima Farooqui, Mustafa K.Q Zaidi and Nishat Fatima</i>	436		54
45	Applications and Use of Electronic Resources in Law Libraries with reference to Legal Education <i>Vishnu Srivastava, Vijay Raghav Tiwari and Awadhesh Kumar Patel</i>	445		
46	Usage Statistics is an indicator for Collection development in Electronic era: A feasibility study in Dr. B.B. Dikshit Library, AIIMS, New Delhi <i>S. Siva Chidambaram and Neetu Priya</i>	453		
47	Usability and Impact of Digital resources: A Survey <i>Arvind Mittal and Amit Mittal</i>	465		
48	Information Resources and Services in the Government PG Colleges in Rajgarh District, M.P. <i>Nitesh Singh Pawar, Govind Songara and Subodh Kumar Bajpai</i>	477		
49	Impact of Information and Communication technologies on Libraries: A case study of Nava Nalanda Central Library, Thaplar Institute of Engineering and Technology University <i>Prabhjot Kaur and Rupinder Singh</i>	495		
50	Evaluation of Websites of Central University Libraries in Uttar Pradesh, India <i>M.P. Singh and Virendra Kumar Gautam</i>	508		
✓ 51	E-Resources: Rajiv Gandhi National University of Law (RGNUL) Library, Punjab linking education to society <i>Pardeep Rattan and Rupinder Singh</i>	520		
52	Digital Literacy among students of Dr. Shakuntala Misra National Rehabilitation University, Lucknow: A Case Study <i>Subhash Chandra and M P Singh</i>	527		

  
 Coordinator  
 NAAC  
 SMHS Government College  
 Sahibzada Ajit Singh Nagar

  
 Principal  
 SMHS Govt. College  
 Sahibzada Ajit Singh Nagar



ਸ਼ਹੀਦ ਮੇਜਰ ਹਰਮਿੰਦਰਪਾਲ ਸਿੰਘ (ਸ਼ੈ.ਚੱ.) ਸਰਕਾਰੀ ਕਾਲਜ, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ

SHAHEED MAJOR HARMINDERPAL SINGH (Shaurya Chakra) GOVERNMENT COLLEGE, SAHIBZADA AJIT SINGH NAGAR  
ਫੋਨ-6. ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ (ਮੋਹਾਲੀ)-160056 Phone No. 0172-2225164 e-mail ID: [principal.gcmohali@gmail.com](mailto:principal.gcmohali@gmail.com)

gnims  
Business  
School

SGPC's

**Guru Nanak Institute of Management Studies**


Approved by AICTE and Affiliated to University of Mumbai


**ISBN 978-93-83003-03-7**



**LIBRARY :**  
**A TEMPLE OF LEARNING & KNOWLEDGE**  
**Leveraging Digital Technology**

Dr. Bigyan Verma | Dr. Kuljeet G. Kahlon  
Dr. Jyotinder Chaddah | Dr. Gurpreet Malhotra  
Dr. K. Praveen Kumar | Ms. Neeta D. Malik | Dr. Dinesh A. Sarathi

  
Coordinator  
NAAC  
SMHS Government College  
Sahibzada Ajit Singh Nagar

  
Principal  
SMHS Govt. College  
Sahibzada Ajit Singh Nagar



ਸ਼ਹੀਦ ਮੇਜਰ ਹਰਮਿੰਦਰਪਾਲ ਸਿੰਘ (ਸ਼ੈ.ਚੱ.) ਸਰਕਾਰੀ ਕਾਲਜ, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ

SHAHEED MAJOR HARMINDERPAL SINGH (Shaurya Chakra) GOVERNMENT COLLEGE, SAHIBZADA AJIT SINGH NAGAR  
ਫੋਸ-6, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ (ਮੋਹਾਲੀ)-160056 Phone No. 0172-2225164 e-mail ID: [principal.gcmohali@gmail.com](mailto:principal.gcmohali@gmail.com)

Pg. 260-269  
Ser. No. 37

Proceedings of  
International Research Conference on  
“Leveraging Digital Technology”  
on  
January 21, 2017

Dr. Bigyan Verma, Dr. Kuljeet G. Kahlon

Dr. Jyotinder K. Chaddah

Dr. Gurjeet Multani

Ms. Neeta D. Malik

Dr. K. Praveen Kumar

Dr. Dinesh A. Sanadi

Published by

**gnims**  
Business  
School

From our bookshelf to Yours!  
With Best Compliments...  
GNIMS Business School

SGPC's

Guru Nanak Institute of Management Studies  
King's Circle, Matunga (East), Mumbai - 400 019.

(Approved by AICTE & Affiliated to University of Mumbai)

  
Coordinator  
NAAC  
SMHS Government College  
Sahibzada Ajit Singh Nagar

*Harjeet Arjyal*

Principal  
SMHS Govt. College  
Sahibzada Ajit Singh Nagar



ਸ਼ਹੀਦ ਮੇਜਰ ਹਰਮਿੰਦਰਪਾਲ ਸਿੰਘ (ਸ਼ੈ.ਚ.) ਸਰਕਾਰੀ ਕਾਲਜ, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ

SHAHEED MAJOR HARMINDERPAL SINGH (Shaheed Chakra) GOVERNMENT COLLEGE, SAHIBZADA AJIT SINGH NAGAR

ਫੋਨ-6. ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ (ਮੋਹਾਲੀ)-160056 Phone No. 0172-2225164 e-mail ID: [principal.gcmohali@gmail.com](mailto:principal.gcmohali@gmail.com)

31. Leveraging Intellectual Assets for Effective Knowledge Management System - Role of Libraries 22  
Dr. Bigyan Verma
32. Big Data and The Library Professionals 23  
R. Perumal
33. A Library Research Work Remedy for the Victim of Dysgraphia 23  
Dr. Abhay Vajpayee
34. Information Needs and Characteristics of Users of District Library, Sangrur 2:  
Amritpal Kaur
35. Communities of Practice : An Effective KM Tool For Information Dissemination and Connecting People 2  
Ms. Lata Nair
36. Digital Libraries and E-Learning 2  
Dr. Vilas Ashokrao Kale
37. Marketing as a Public Relation Tool for Enhancing Library Readership 2  
Pardeep Rattan
38. The Digital Age- Reshaping the libraries 2  
Ms. Ritu Nagpal, Mr. N. Radhakrishnan
39. Innovative Library and Information Services  
Dr. Govind S. Ghogare
40. The Role of Reference Librarians in Institutional Repositories  
Shankpale J. R.
41. Best Practices in Academic Libraries  
Dhanaji Lavate
42. User focused best academic library websites of the world  
Dr. Sarika Sawant



Coordinator

NAAC

SMHS Government College  
Sahibzada Ajit Singh Nagar

Harjeet Arjyal

Principal

SMHS Govt. College

Sahibzada Ajit Singh Nagar



ਸ਼ਹੀਦ ਮੇਜਰ ਹਰਮਿੰਦਰਪਾਲ ਸਿੰਘ (ਸ਼ੈ.ਚੱ.) ਸਰਕਾਰੀ ਕਾਲਜ, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ

SHAHEED MAJOR HARMINDERPAL SINGH (Shaurya Chakra) GOVERNMENT COLLEGE, SAHIBZADA AJIT SINGH NAGAR

ਫੋਸ-6, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ (ਮੋਹਾਲੀ)-160056

Phone No. 0172-2225164

e-mail ID: [principal.gcmohali@gmail.com](mailto:principal.gcmohali@gmail.com)

International Publishers  
of Indian Languages



Representative Office :

33 old oak Lane  
Levittown, NY -11756  
(U.S.A)

**Zindgi Di Swer : Alochnatmik Adhiyan**  
(Articles)

Edited by : Dr. Palvinder Kaur Lodhi  
Mob : 93563-21426

Title designed by T. Singh

ISBN : 978-81-7914-993-5

Edition : 2018

Price : Rs. 200

**Published by :**

Tarlochan Publishers

3236, Sector 15-D, Chandigarh

Mob: 98146-73236, 98786-03236

E-mail: [tpublishers3236@gmail.com](mailto:tpublishers3236@gmail.com)

ਜ਼ਿੰਦਗੀ ਦੀ ਸਵੇਰ : ਆਲੋਚਨਾਤਮਿਕ ਅਧਿਐਨ

ਸੰਪਾਦਕ : ਡਾ. ਪਲਵਿੰਦਰ ਕੌਰ ਲੋਧੀ

ਪੇਸ਼ਕਸ਼ : ਰਾਮਬੀਰ ਰਚਨਾ ਪ੍ਰਕਾਸ਼ਨ, ਚੰਡੀਗੜ੍ਹ

ਛਾਪਕ : ਆਰ. ਕੇ. ਆਫਸੈਟ ਪ੍ਰੈੱਸ, ਦਿੱਲੀ

Coordinator

NAAC  
SMHS Government College  
Sahibzada Ajit Singh Nagar

Harjeet Goyal

Principal  
SMHS Govt. College  
Sahibzada Ajit Singh Nagar

# ਸ਼ਹੀਦ ਮੇਜਰ ਹਰਮਿੰਦਰਪਾਲ ਸਿੰਘ (ਸ਼ੈ.ਚੱ.) ਸਰਕਾਰੀ ਕਾਲਜ, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ

SHAHEED MAJOR HARMINDERPAL SINGH (Shaurya Chakra) GOVERNMENT COLLEGE, SAHIBZADA AJIT SINGH NAGAR

ਫੋਨ-6. ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ (ਮੋਹਾਲੀ)-160056

Phone No. 0172-2225164

e-mail ID: principal\_gemohali@gmail.com

## ਤਤਕਰਾ

1. 'ਜ਼ਿੰਦਗੀ ਦੀ ਸਵੇਰ' ਨਾਵਲ ਵਿਚ ਪੋਸ ਐਂਗਰ ਦੀ ਤ੍ਰਾਸਦੀ 9  
◆ ਡਾ. ਸੁਖਵੀਰ ਕੌਰ
2. ਨਾਰੀ ਯਥਾਰਥ ਦਾ ਬਿੰਬ : ਜ਼ਿੰਦਗੀ ਦੀ ਸਵੇਰ 15  
◆ ਡਾ. ਪਲਵਿੰਦਰ ਕੌਰ
3. ਨਾਰੀ ਸੰਵੇਦਨਾ ਨੂੰ ਪ੍ਰਗਟਾਉਂਦਾ ਨਾਵਲ 'ਜ਼ਿੰਦਗੀ ਦੀ ਸਵੇਰ' 23  
◆ ਡਾ. ਗੁਰਪ੍ਰੀਤ ਕੌਰ
4. ਸੰਤਵੀਰ ਦਾ ਨਾਵਲ 'ਜ਼ਿੰਦਗੀ ਦੀ ਸਵੇਰ' : ਮੂਲ ਸਰੋਕਾਰ 32  
◆ ਡਾ. ਤਰਨਜੀਤ ਕੌਰ
5. ਖੰਡਤ ਘਰਾਂ ਦੀ ਤ੍ਰਾਸਦਿਕ ਸਥਿਤੀ 41  
◆ ਡਾ. ਮਿਨਾਕਸ਼ੀ ਰਠੌਰ
6. ਜ਼ਿੰਦਗੀ ਦੀ ਸਵੇਰ: ਨਾਰੀ ਬਿੰਬ 48  
◆ ਡਾ. ਬਲਜੀਤ ਰੰਧਾਵਾ
7. ਪਾਤਰਾਂ ਅੰਦਰ ਜ਼ਿੰਦਗੀ ਜਿਉਣ ਦੀ ਲਾਲਸਾ 56  
◆ ਡਾ. ਸੁਖਵਿੰਦਰ ਕੌਰ
8. ਨਾਵਲ 'ਜ਼ਿੰਦਗੀ ਦੀ ਸਵੇਰ': ਬਿਰਤਾਂਤਕ ਪਰਿਪੇਖ 62  
◆ ਪ੍ਰੋ. ਸਰਬਜੀਤ ਕੌਰ
9. ਜ਼ਿੰਦਗੀ ਦੀ ਸਵੇਰ : ਇਕ ਆਲੋਚਨਾਤਮਕ ਅਧਿਐਨ 72  
◆ ਪ੍ਰੋ. ਸੁਖਜਿੰਦਰ ਕੌਰ
10. 'ਜ਼ਿੰਦਗੀ ਦੀ ਸਵੇਰ' ਨਾਵਲ ਦਾ ਵਿਸ਼ੇਸ਼ਗਤ ਅਧਿਐਨ 78  
◆ ਪੁਨੀਤ
11. ਔਰਤ ਦੇ ਪ੍ਰਸਥਿਤੀਆਂ ਮੂਲਕ ਸਰੋਕਾਰ ਨਾਵਲ 84  
'ਜ਼ਿੰਦਗੀ ਦੀ ਸਵੇਰ'  
◆ ਪ੍ਰੋ. ਗੁਰਬਿੰਦਰ ਕੌਰ ਬਰਾੜ

ਜ਼ਿੰਦਗੀ ਦੀ ਸਵੇਰ: ਆਲੋਚਨਾਤਮਿਕ ਅਧਿਐਨ - 7

Coordinator  
NAAC  
SMHS Government College  
Sahibzada Ajit Singh Nagar

Scanned with OKI

Principal  
SMHS Govt. College  
Sahibzada Ajit Singh Nagar

# ਸ਼ਹੀਦ ਮੇਜਰ ਹਰਮਿੰਦਰਪਾਲ ਸਿੰਘ (ਸ਼ੈ.ਚੱ.) ਸਰਕਾਰੀ ਕਾਲਜ, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ

SHAHEED MAJOR HARMINDERPAL SINGH (Shaurya Chakra) GOVERNMENT COLLEGE, SAHIBZADA AJIT SINGH NAGAR

ਫੋਨ-6. ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ (ਮੋਹਾਲੀ)-160056 Phone No. 0172-2225164 e-mail ID: [principal.gcmohali@gmail.com](mailto:principal.gcmohali@gmail.com)

International Publishers  
of Indian Languages



Representative Office  
33 6th Ave. East  
Larchmont, NY 11758  
(U.S.A)

Yash de Gooat : Vichardharak Adhyan  
(Arrecks)

Edited by : Harpreet Kaur  
Mob: 83608-84816

Title designed by T. Singh  
ISBN: 978-81-7914-996-6

Edition : 2018  
Price : Rs. 200

Published by :

Tarlochan Publishers  
3236, Sector 15-D, Chandigarh  
Mob : 98146-73236, 98786-02236  
E-mail : [publishers3236@gmail.com](mailto:publishers3236@gmail.com)

ਵਿਕਾਸ ਦੇ ਗੀਤ : ਵਿਚਾਰਵਾਦ ਅਧਿਐਨ

ਸੰਪਾਦਕ : ਹਰਜੀਤ ਕੌਰ

ਪ੍ਰਕਾਸ਼ਕ : ਸੁਖਜੀਤ ਕੌਰ ਪ੍ਰਕਾਸ਼ਨ, ਚੰਡੀਗੜ੍ਹ  
ਫੋਨ : 98146-73236, 98786-02236

Scanned with OKEN Scanner

12. ਪੰਜਾਬੀ ਰਿਸ਼ਤਿਆਂ ਦਾ ਨਿੱਘ: ਪੁਸਤਕ 'ਵਿਆਹ ਦੇ ਗੀਤ' 59  
◆ ਪ੍ਰ. ਰਮਨਪ੍ਰੀਤ ਕੌਰ 'ਚੋਹਾਨ'
13. ਲੋਕ ਗੀਤਾਂ ਵਿਚ 'ਸੁਹਾਗ' ਤੇ 'ਘੋੜੀਆਂ' ਦੀ ਅਹਿਮੀਅਤ 64  
◆ ਪ੍ਰ. ਸੁਖਜਿੰਦਰ ਕੌਰ
14. 'ਵਿਆਹ ਦੇ ਗੀਤ' ਦੇ ਸੰਦਰਭ ਵਿਚ ਇਸਤਰੀ ਜਾਤੀ ਦੀ ਦਸਾ 69  
◆ ਪ੍ਰ. ਸਰਬਜੀਤ ਕੌਰ
15. ਵਿਆਹ ਦੇ ਗੀਤ: ਪੰਜਾਬੀ ਸਭਿਆਚਾਰ ਦੀ 74  
ਮੁੱਢਲੀ ਤਸਵੀਰ  
◆ ਪ੍ਰ. ਵੇਵੀ ਕੌਰ
16. 'ਵਿਆਹ ਦੇ ਗੀਤ' ਦਾ ਮਨੋਵਿਸ਼ਲੇਸ਼ਣਾਤਮਿਕ ਅਧਿਐਨ 78  
◆ ਸਰਬਜੀਤ ਕੌਰ
17. 'ਵਿਆਹ ਦੇ ਗੀਤ' ਦਾ ਲੋਕਧਾਰਾਈ ਅਧਿਐਨ 82  
◆ ਮਨਮੋਹਨ ਕੌਰ
18. 'ਲੋਕ-ਕਾਵਿ' ਦਾ ਮਨੁੱਖੀ ਜੀਵਨ ਵਿਚ ਮਹੱਤਵ 87  
◆ ਡਾ. ਸਤਿੰਦਰ ਕੌਰ
19. ਪਰਮਜੀਤ ਪੰਮੀ ਰਚਿਤ 'ਵਿਆਹ ਦੇ ਗੀਤ' ਦਾ ਇੱਕ ਅਧਿਐਨ 92  
◆ ਪ੍ਰ. ਗੁਰਬਿੰਦਰ ਕੌਰ ਬਰਾੜ
20. ਪਰਮਜੀਤ ਪੰਮੀ ਦੀ ਰਚਨਾ 'ਵਿਆਹ ਦੇ ਗੀਤ': ਇਕ ਅਧਿਐਨ 97  
◆ ਡਾ. ਸੁਖਜਿੰਦਰ ਕੌਰ
21. ਸੁਹਾਗ ਅਤੇ ਘੋੜੀਆਂ ਵਿਚ ਖਾਰਜਬੀਲ ਔਰਤ ਮਨ 101  
ਦਾ ਅਵਚੇਤਨੀ ਪੱਖ  
◆ ਡਾ. ਹਰਮਨਦੀਪ ਕੌਰ
22. ਲੋਕਗੀਤਾਂ ਦੀ ਢੋਚਨਾ ਦਾ ਸੰਗੀਤਮਈ ਉਚਾਰ 106  
◆ ਡਾ. ਸਰਬਜੀਤ ਕੌਰ
23. ਵਿਆਹ ਦੇ ਗੀਤ : ਬਹੁਪੱਖੀ ਵਿਸ਼ਲੇਸ਼ਣ 110

Scanned with OKEN Scanner

Coordinator  
NAAC  
SMHS Government College  
Sahibzada Ajit Singh Nagar

Harjeet Goyal

Principal  
SMHS Govt. College  
Sahibzada Ajit Singh Nagar





**ਸ਼ਹੀਦ ਮੇਜਰ ਹਰਮਿੰਦਰਪਾਲ ਸਿੰਘ (ਸ਼ੈ.ਚੱ.) ਸਰਕਾਰੀ ਕਾਲਜ, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ**

SHAHEED MAJOR HARMINDERPAL SINGH (Shaurya Chakra) GOVERNMENT COLLEGE, SAHIBZADA AJIT SINGH NAGAR

ਫੋਸ-6, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ (ਮੋਹਾਲੀ)-160056

Phone No. 0172-2225164

e-mail ID: [principal.gemohali@gmail.com](mailto:principal.gemohali@gmail.com)

International Publishers  
of Indian Languages


Representative Office  
Wood oak Lane  
Lewtown, NY 11736  
(U.S.A)


**Guru Teg Bahadur Ji**  
Sdachark Jiwan Da Mahataw  
(Articles)  
by : Dr. Palwinder Kaur  
Mob : 78372-75285

Title designed by T. Singh  
ISBN : 978-81-7914-475-6  
Price : Rs. 500  
Edition : 2020

Published by :  
Tarlochan Publishers  
3236, Sector 15-D, Chandigarh  
Mob: 98146-73236, Tol. 0172-4613236  
E-mail : [publishers3236@gmail.com](mailto:publishers3236@gmail.com)

ਗੁਰੂ ਤੇਗ ਬਹਾਦਰ ਜੀ : ਸਦਾਚਾਰਕ ਜੀਵਨ ਦਾ ਮਹੱਤਵ  
ਸੰਪਾਦਕ : ਡਾ. ਪਲਵਿੰਦਰ ਕੌਰ  
ਪ੍ਰਕਾਸ਼ਕ : ਤਰਲੋਚਨ ਪਬਲਿਸ਼ਰਜ਼, ਚੰਡੀਗੜ੍ਹ-160015  
ਪੇਸ਼ਕਸ਼ : ਰਾਮਬੀਰ ਰਚਨਾ ਪ੍ਰਕਾਸ਼ਨ, ਚੰਡੀਗੜ੍ਹ

  
Coordinator  
NAAC  
SMHS Government College  
Sahibzada Ajit Singh Nagar

  
Principal  
SMHS Govt. College  
Sahibzada Ajit Singh Nagar

— 6 / 9

101	ਮੁੱਢਲੇ ਸ਼ਬਦਾਂ ਦੀ ਸੂਚੀ
100	ਮੁੱਢਲੇ ਸ਼ਬਦਾਂ ਦੀ ਸੂਚੀ
99	ਮੁੱਢਲੇ ਸ਼ਬਦਾਂ ਦੀ ਸੂਚੀ
98	ਮੁੱਢਲੇ ਸ਼ਬਦਾਂ ਦੀ ਸੂਚੀ
98	ਮੁੱਢਲੇ ਸ਼ਬਦਾਂ ਦੀ ਸੂਚੀ
97	ਮੁੱਢਲੇ ਸ਼ਬਦਾਂ ਦੀ ਸੂਚੀ
75	ਮੁੱਢਲੇ ਸ਼ਬਦਾਂ ਦੀ ਸੂਚੀ
70	ਮੁੱਢਲੇ ਸ਼ਬਦਾਂ ਦੀ ਸੂਚੀ
69	ਮੁੱਢਲੇ ਸ਼ਬਦਾਂ ਦੀ ਸੂਚੀ
62	ਮੁੱਢਲੇ ਸ਼ਬਦਾਂ ਦੀ ਸੂਚੀ
59	ਮੁੱਢਲੇ ਸ਼ਬਦਾਂ ਦੀ ਸੂਚੀ

# ਸ਼ਹੀਦ ਮੇਜਰ ਹਰਮਿੰਦਰਪਾਲ ਸਿੰਘ (ਸ਼ੈ.ਚੱ.) ਸਰਕਾਰੀ ਕਾਲਜ, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ

SHAHEED MAJOR HARMINDERPAL SINGH (Shaurya Chakra) GOVERNMENT COLLEGE, SAHIBZADA AJIT SINGH NAGAR

ਫੋਸ-6. ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ (ਮੋਹਾਲੀ)-160056

Phone No. 0172-2225164

e-mail ID: [principal.gcmohali@gmail.com](mailto:principal.gcmohali@gmail.com)

Representatives & Members  
of Indian Languages



Representative Office :  
33 old oak Lane  
Levittown, NY -11756  
(U.S.A)

**Sant Sipahi**  
**Guru Hargobind Sahib Ji**  
(Articles)  
Edited by : Dr. Harjinder Kaur  
Mob : 98883-88461

Title designed by T. Singh  
ISBN : 978-81-7914-479-4

Price : Rs. 500  
Edition : 2020

Published by :  
Tarlochan Publishers  
3236, Sector 15-D, Chandigarh  
Mob: 98146-73236, Tel. 0172-4613236  
E-mail : [tpublishers3236@gmail.com](mailto:tpublishers3236@gmail.com)


ਸੰਤ ਸਿਪਾਹੀ : ਗੁਰੂ ਹਰਿਗੋਬਿੰਦ ਸਾਹਿਬ ਜੀ  
ਸੰਪਾਦਕ : ਡਾ. ਹਰਜਿੰਦਰ ਕੌਰ  
ਪ੍ਰਕਾਸ਼ਕ : ਤਰਲੋਚਨ ਪਬਲਿਸ਼ਰਜ਼, ਚੰਡੀਗੜ੍ਹ-160015  
ਪੇਸ਼ਕਸ਼ : ਰਘਬੀਰ ਰਚਨਾ ਪ੍ਰਕਾਸ਼ਨ, ਚੰਡੀਗੜ੍ਹ

Scanned with OKEN Scanner

- |   |     |
|---|-----|
| 11. ਗੁਰੂ ਹਰਿਗੋਬਿੰਦ ਸਾਹਿਬ ਜੀ ਦਾ ਸਿੱਖ ਇਤਿਹਾਸ...   | 62  |
| • ਡਾ. ਪ੍ਰੀਤੀ  |     |
| 12. ਛਠਮ ਪੀਰ- ਗੁਰੂ ਹਰਿਗੋਬਿੰਦ ਸਾਹਿਬ ਜੀ ਦੁਆਰਾ ਸੰਗ੍ਰਹਿ<br>ਨੂੰ ਸਿਪਾਹੀ ਵਾਲਾ ਪੁਰਾਦਰਾ ਪ੍ਰਦਾਨ ਕਰਨਾ | 67  |
| • ਡਾ. ਕੁਲਵਿੰਦਰ ਕੌਰ  |     |
| 13. ਛਠਮ ਪੀਰ- ਗੁਰੂ ਹਰਿਗੋਬਿੰਦ ਸਾਹਿਬ ਜੀ ਦਾ ਅਫ਼ੰਤੀ<br>ਜੀਵਨ ਦਰਸ਼ਨ                              | 70  |
| • ਮਨਮੋਹਨ ਕੌਰ  |     |
| 14. ਛਠਮ ਪੀਰ- ਗੁਰੂ ਹਰਿਗੋਬਿੰਦ ਸਾਹਿਬ ਜੀ : ਜੀਵਨ<br>ਅਤੇ ਫ਼ਲਸਫ਼ਾ                                | 74  |
| • ਵਨੀਤਾ ਬਰਮਾ  |     |
| 15. ਛਠਮ ਪੀਰ- ਗੁਰੂ ਹਰਿਗੋਬਿੰਦ ਸਾਹਿਬ ਜੀ ਵਿਚ<br>ਮੀਰੀ ਪੀਰੀ ਦਾ ਸੰਕਲਪ                            | 79  |
| • ਸੰਦੀਪ ਕੌਰ ਸੰਧੂ  |     |
| 16. ਮੀਰੀ ਤੇ ਪੀਰੀ ਦੇ ਮਾਲਕ : ਛਠਮ ਪੀਰ- ਗੁਰੂ ਹਰਿਗੋਬਿੰਦ<br>ਸਾਹਿਬ ਜੀ                            | 83  |
| • ਸਰਬਜੀਤ ਕੌਰ  |     |
| 17. ਸਿੱਖ ਧਰਮ ਵਿਚ ਮੀਰੀ-ਪੀਰੀ ਦਾ ਸੰਕਲਪ   | 87  |
| • ਹਰਕਮਲ ਕੌਰ   |     |
| 18. ਮੀਰੀ-ਪੀਰੀ ਦੇ ਮਾਲਕ : ਗੁਰੂ ਹਰਿਗੋਬਿੰਦ ਸਾਹਿਬ ਜੀ   | 92  |
| • ਹਰਪ੍ਰੀਤ ਕੌਰ   |     |
| 19. ਛਠਮ ਪੀਰ- ਗੁਰੂ ਹਰਿਗੋਬਿੰਦ ਸਾਹਿਬ ਜੀ : ਇਤਿਹਾਸਕ<br>ਦਸਤਾਵੇਜ਼                                | 97  |
| • ਮਨਪ੍ਰੀਤ ਕੌਰ   |     |
| 20. ਮੀਰੀ-ਪੀਰੀ ਦੇ ਮਾਲਕ : ਗੁਰੂ ਹਰਿਗੋਬਿੰਦ ਸਾਹਿਬ ਜੀ   | 103 |
| • ਰਾਜਬੀਰ ਕੌਰ  |     |
| 21. ਛਠਮ ਪੀਰ- ਗੁਰੂ ਹਰਿਗੋਬਿੰਦ ਸਾਹਿਬ ਜੀ : ਇਕ ਅਧਿਐਨ   | 108 |
| • ਡਾ. ਹਰਪ੍ਰੀਤ ਕੌਰ   |     |

8 / ਸੰਤ ਸਿਪਾਹੀ : ਗੁਰੂ ਹਰਿਗੋਬਿੰਦ ਸਾਹਿਬ ਜੀ

Scanned with OKEN Scanner

  
Coordinator  
NAAC  
SMHS Government College  
Sahibzada Ajit Singh Nagar

*Harjeet Goyal*  
Principal  
SMHS Govt. College  
Sahibzada Ajit Singh Nagar

ਸ਼ਹੀਦ ਮੇਜਰ ਹਰਮਿੰਦਰਪਾਲ ਸਿੰਘ (ਸ਼ੈ.ਚੈ.) ਸਰਕਾਰੀ ਕਾਲਜ, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ

SHAHEED MAJOR HARMINDERPAL SINGH (Shaurya Chakra) GOVERNMENT COLLEGE, SAHIBZADA AJIT SINGH NAGAR

ਫੋਨ-6. ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ (ਮੋਹਾਲੀ)-160056

Phone No. 0172-2225164

e-mail ID: [principal.gemohali@gmail.com](mailto:principal.gemohali@gmail.com)

# भारतीय संस्कृति और संगीत

संपादक

डॉ. कुलविंदर सिंह



साहित्य संचय

ISO 9001 : 2015 प्रमाणित प्रकाशन

हम करते हैं समय से संवाद

Coordinator  
NFAC  
SMHS Government College  
Sahibzada Ajit Singh Nagar

*Harjeet Goyal*

Principal  
SMHS Govt. College  
Sahibzada Ajit Singh Nagar

ਸ਼ਹੀਦ ਮੇਜਰ ਹਰਮਿੰਦਰਪਾਲ ਸਿੰਘ (ਸੈ.ਚ.) ਸਰਕਾਰੀ ਕਾਲਜ, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ

SHAHEED MAJOR HARMINDERPAL SINGH (Shaurya Chakra) GOVERNMENT COLLEGE, SAHIBZADA AJIT SINGH NAGAR

ਫੋਨ-6. ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ (ਮੋਹਾਲੀ)-160056

Phone No. 0172-2225164

e-mail ID: [principal.gemohali@gmail.com](mailto:principal.gemohali@gmail.com)

13. ਭਾਰਤੀ ਸੰਸਕ੍ਰਿਤੀ ਮੇਂ ਸਾਗੀਤਿਕ ਗ੍ਰੰਥੋਂ ਕੀ ਮਹੱਤਾ ਦੀਪਕ ਵਰਮਾ	85
14. ਭਾਰਤੀ ਸੰਸਕ੍ਰਿਤੀ ਔਰ ਸੰਗੀਤ ਪਰ ਮੀਡਿਯਾ ਕਾ ਪ੍ਰਭਾਵ ਜਗਤਾਰ ਸਿੰਹ ਪਨੇਸਰ	97
15. ਭਾਰਤੀ ਸੰਸਕ੍ਰਿਤੀ ਪਰ ਹਿੰਦੀ ਚਿਤ੍ਰਪਟ ਸੰਗੀਤ ਕਾ ਪ੍ਰਭਾਵ ਕੋਮਲਪ੍ਰੀਤ ਕੌਰ	103
16. ਭਾਰਤੀ ਸੰਸਕ੍ਰਿਤੀ ਕੇਂ ਵੇਸ਼ਵੀਕਰਣ ਮੇਂ ਸੰਗੀਤ ਕਾ ਯੋਗਦਾਨ ਅਰਞੀ	110
17. ਵੈਦਿਕ ਕਾਲੀਨ ਸੰਗੀਤ ਸਿਕਸ਼ਣ-ਪ੍ਰਣਾਲੀ ਡੌ. ਗੁਰਦਯਾਲ ਸਿੰਹ	119
18. ਭਾਰਤੀ ਸੰਸਕ੍ਰਿਤੀ ਮੇਂ ਸਾਗੀਤਿਕ ਦ੍ਰਿਸ਼ਟਿਕੋਣ ਸੇ ਭਗਵਾਨ ਸ਼੍ਰੀ ਕ੍ਰਿਸ਼ਣ ਕਾ ਯੋਗਦਾਨ ਡੌ. ਜਯੋਤਿ ਸ਼ਰਮਾ	126
19. ਭਾਰਤੀ ਸੰਸਕ੍ਰਿਤੀ ਕੇਂ ਅੰਤਰਗਤ ਸੰਗੀਤ ਕਲਾ ਕੇਂ ਸੰਰਕਸ਼ਣ ਹੇਤੁ ਨਾਮਧਾਰੀ ਸੰਪ੍ਰਦਾਯ ਕਾ ਯੋਗਦਾਨ ਡੌ. ਠਾਕੁਰ ਸਿੰਹ	131
20. ਵੈਦਿਕਕਾਲੀਨ ਸੰਗੀਤ ਸਿਕਸ਼ਣ ਕਾ ਪਰਿਚਯਾਤਮਕ ਅਧਯਯਨ ਸ਼ਿਵਾਨੀ ਵਰਮਾ, ਡੌ. ਅਮਿਤਾ ਸ਼ਰਮਾ	138
21. ਸਿਨੇਮਾ ਮੇਂ ਸੰਗੀਤ ਕੇਂ ਮਾਧਯਮ ਸੇ ਭਾਰਤੀ ਸੰਸਕ੍ਰਿਤੀ ਕੇਂ ਦਰਸ਼ਨ ਮੋਹਨੀਸ਼ ਆਰਯਾ	144
22. ਭਾਰਤੀ ਸੰਸਕ੍ਰਿਤੀ ਮੇਂ ਧਰਮ ਵ ਸੰਗੀਤ ਗੁਰਜੀਤ ਸਿੰਹ	153
23. ਸੰਗੀਤ ਮੇਂ ਗੁਰੂ-ਸ਼ਿਸ਼ਯ ਪਰੰਪਰਾ (ਵੈਦਿਕ ਕਾਲੀਨ ਸਿਕਸ਼ਾ-ਪਢ੍ਰਿਤੀ ਕੇਂ ਸੰਦਰਭ ਮੇਂ) ਮਨੋਜ ਕੁਮਾਰ	162
24. ਪੰਜਾਬ ਕੇਂ ਸਿਕਖ ਗੁਰੂਔਂ ਕੀ ਭਾਰਤੀ ਸੰਗੀਤ ਕੋ ਦੇਨ ਪਰਮਜੀਤ ਕੌਰ	167
25. ਪੰਜਾਬ ਕੇਂ ਸਿਕਖ ਗੁਰੂਔਂ ਕਾ ਭਾਰਤੀ ਸੰਸਕ੍ਰਿਤੀ ਮੇਂ ਯੋਗਦਾਨ ਰਾਜਮੁਨੀ	187

Coordinator  
NAAC  
SMHS Government College  
Sahibzada Ajit Singh Nagar

x

Harjeet Goyal

Principal  
SMHS Govt. College  
Sahibzada Ajit Singh Nagar



ਸ਼ਹੀਦ ਮੇਜਰ ਹਰਮਿੰਦਰਪਾਲ ਸਿੰਘ (ਸ਼ੈ.ਚੱ.) ਸਰਕਾਰੀ ਕਾਲਜ, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ

SHAHEED MAJOR HARMINDERPAL SINGH (Shaurya Chakra) GOVERNMENT COLLEGE, SAHIBZADA AJIT SINGH NAGAR

ਫੋਸ-6. ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ (ਮੋਹਾਲੀ)-160056

Phone No. 0172-2225164

e-mail ID: [principal.gcmohali@gmail.com](mailto:principal.gcmohali@gmail.com)

© ਲੇਖਕ

ISBN : 978-93-89809-38-1

ਪ੍ਰਕਾਸ਼ਕ

ਸਾਹਿਤ ਸੰਚਯ

ਬੀ-1050, ਗਲੀ ਨੰ. 14, ਪਹਲਾ ਪੁਸਤਾ,  
ਸੋਨਿਆ ਵਿਹਾਰ, ਦਿੱਲੀ-110090

ਫੋਨ ਨੰ. : 09871418244, 09136175560

ਈ-ਮੇਲ - [sahityasanchay@gmail.com](mailto:sahityasanchay@gmail.com)

ਵੇਬਸਾਈਟ - [www.sahityasanchay.com](http://www.sahityasanchay.com)

ਬ੍ਰਾਂਚ ਔਫਿਸ

ਗ੍ਰਾਮ : ਬਹੁਰਾਰ, ਪੋਸਟ : ਦਦਰੀ

ਥਾਨਾ : ਨਾਨਪੁਰ, ਜਿਲਾ : ਸੀਤਾਮੜੀ

ਪਟਨਾ (ਬਿਹਾਰ)

ਨੇਪਾਲ ਔਫਿਸ

ਰਾਮ ਨਿਕੁੰਜ, ਪੁਤਲੀਸੜਕ

ਕਾਠਮਾਂਡੀ, ਨੇਪਾਲ-44600

ਫੋਨ ਨੰ. : 00977 9841205824

ਪ੍ਰਥਮ ਸੰਸਕਰਣ : 2020

ਕਵਰ ਡਿਜ਼ਾਈਨ : ਪ੍ਰਦੀਪ ਕੁਮਾਰ

ਮੂਲ੍ਯ : 200/- (ਭਾਰਤ, ਨੇਪਾਲ)

ਮੂਲ੍ਯ : \$ 7/- (ਅਨ੍ਯ ਦੇਸ਼)

BHARTIYA SANSKRITI AUR SANGEET

Edited by Dr. Kulwinder Singh

ਸਾਹਿਤ ਸੰਚਯ, ਬੀ-1050, ਗਲੀ ਨੰ. 14, ਪਹਲਾ ਪੁਸਤਾ, ਸੋਨਿਆ ਵਿਹਾਰ, ਦਿੱਲੀ-110090  
ਮਨੋਜ ਕੁਮਾਰ ਦੁਆਰਾ ਪ੍ਰਕਾਸ਼ਿਤ ਤਥਾ ਸ਼੍ਰੀਬਾਲਾਜੀ ਔਫਸੇਟ, ਦਿੱਲੀ ਦੁਆਰਾ ਮੁਦ੍ਰਿਤ।

Coordinator  
NAAC  
SMHS Government College  
Sahibzada Ajit Singh Nagar

Principal  
SMHS Govt. College  
Sahibzada Ajit Singh Nagar



ਸ਼ਹੀਦ ਮੇਜਰ ਹਰਮਿੰਦਰਪਾਲ ਸਿੰਘ (ਸ਼ੈ.ਚੱ.) ਸਰਕਾਰੀ ਕਾਲਜ, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ

SHAHEED MAJOR HARMINDERPAL SINGH (Shaheed Chakra) GOVERNMENT COLLEGE, SAHIBZADA AJIT SINGH NAGAR

ਫੋਸ-6, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ (ਮੋਹਾਲੀ)-160056

Phone No. 0172-2225164

e-mail ID: [principal.gcmohali@gmail.com](mailto:principal.gcmohali@gmail.com)

# Knowledge Transformation in Digital World

Editors

**Dr. Arjun & Shivjee Prasad**

Foreword by

**Dr. R.K. Srivastava**

Ex-Additional Registrar & Consultant Judges Library,  
Supreme Court of India, New Delhi

Message by

Hon'ble Justice Smt. Mridula Mishra  
Vice-Chancellor  
Chanakya National Law  
University, Patna

Shri G.R. Raghavender  
Joint Secretary  
Department of Justice, Ministry of  
Law and Justice, New Delhi

Mr. Jeron Vervliet  
Director  
Peace Palace Library,  
The Hague, Netherlands

*Harjeet Goyal*

  
Coordinator  
NAAC  
SMHS Government College  
Sahibzada Ajit Singh Nagar

Principal  
SMHS Govt. College  
Sahibzada Ajit Singh Nagar



ਸ਼ਹੀਦ ਮੇਜਰ ਹਰਮਿੰਦਰਪਾਲ ਸਿੰਘ (ਸ਼ੈ.ਚੱ.) ਸਰਕਾਰੀ ਕਾਲਜ, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ

SHAHEED MAJOR HARMINDERPAL SINGH (Shaurya Chakra) GOVERNMENT COLLEGE, SAHIBZADA AJIT SINGH NAGAR

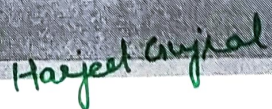
ਫੋਨ-6. ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ (ਮੋਹਾਲੀ)-160056

Phone No. 0172-2225164

e-mail ID: [principal.gcmohali@gmail.com](mailto:principal.gcmohali@gmail.com)

8	Digitization of Library: A Brief Introduction <i>Dolly Sharma</i>	129
9	Jurisdiction Issues in The Arena Of E-Com- merce: An Analysis <i>Sneha</i>	140
10	Challenges in Copyright Law & The Doctrine Of Fair Use <i>Prithivi Raj and Alisha</i>	165
11	Library Automation: Services and Softwares <i>Dr. Anuradha Sharma &amp; Dr. Rupali Srivastava</i>	182
12	Implementation of Rfid Technology in Librar- ies in Digital Era <i>Gurjant Singh &amp; Anil Kumar</i>	197
13	The Processing of Information in Argentine Legal Literature <i>Gladys Mónica Del Carmen Dodero</i>	215
14	Six- Sigma: A Quality Management Methodol- ogy for Libraries <i>Pardeep Rattan</i>	233
15	Challenges in Management of E-Resources <i>Mohd Bashrat, Bilal Ahmad Dar &amp; Javeed Ahmad Lone</i>	248
16	Understanding and Managing Organizational Culture in Libraries <i>Harmandeep Singh &amp; Dr. P C Sehgal</i>	266
17	Internet Privacy Issues <i>Lubna &amp; Asifa Ali</i>	273

  
Coordinator  
NAAC  
SMHS Government College  
Sahibzada Ajit Singh Nagar

  
Principal  
SMHS Govt. College  
Sahibzada Ajit Singh Nagar



**ਸ਼ਹੀਦ ਮੇਜਰ ਹਰਮਿੰਦਰਪਾਲ ਸਿੰਘ (ਸ਼ੈ.ਚੱ.) ਸਰਕਾਰੀ ਕਾਲਜ, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ**

SHAHEED MAJOR HARMINDERPAL SINGH (Shaurya Chakra) GOVERNMENT COLLEGE, SAHIBZADA AJIT SINGH NAGAR  
 ਫੋਨ-6. ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ (ਮੋਹਾਲੀ)-160056 Phone No. 0172-2225164 e-mail ID: [principal.gcmohali@gmail.com](mailto:principal.gcmohali@gmail.com)

12. 'ਵੇਕ ਆਈ. ਡੀ.' ਕਹਾਣੀ ਦਾ ਵਿਸ਼ੇ ਕੇਂਦਰਿਤ ਵਿਖਲੇਸ਼ਣ	74
• ਸਰਬਜੀਤ ਕੌਰ	
13. 'ਇਕ ਟੱਕ ਹੋਰ' ਕਹਾਣੀ-ਸੰਗ੍ਰਹਿ ਵਿਚ ਸਮੇਂ ਦਾ ਪ੍ਰਵਾਹ	81
• ਡਾ. ਜ਼ਨੀਤਾ ਫਾਈ	
14. ਇਕ ਟੱਕ ਹੋਰ : ਬਦਲਦੇ ਪਰਿਪੇਖ	89
• ਹਰਪ੍ਰੀਤ ਕੌਰ	
15. ਕਹਾਣੀ 'ਬੇਦਖਲ' : ਪਿੱਤਰ ਸੱਤਾ ਅਤੇ ਔਰਤ ਦੀ ਹੋਣੀ	95
• ਵਨੀਤਾ ਬਰਮਾ	
16. ਇਕ ਟੱਕ ਹੋਰ : ਇਕ ਆਧਿਐਨ	101
• ਡਾ. ਹਰਜਿੰਦਰ ਕੌਰ	
17. 'ਇਕ ਟੱਕ ਹੋਰ' ਕਹਾਣੀ-ਸੰਗ੍ਰਹਿ ਵਿਚ ਸਮਾਜਿਕ ਯਥਾਰਥ	108
• ਡਾ. ਲਖਵਿੰਦਰ ਕੌਰ	

ਇਕ ਟੱਕ ਹੋਰ / 6

International Publishers  
of Indian Languages



Representative Office  
31 old oak Lane  
Levittown, NY -11756  
(U.S.A.)

**Ajoke Samaj Di Yatharthak Peshkari  
Ikk Takk Hor  
(Articles)**

Edited by : Dr. Harjinder Kaur  
Mob : 98883-88461

Title designed by T. Singh  
ISBN : 978-81-7914-504-3

Price : Rs. 500  
Edition : 2021


Published by :

Tarlochan Publishers  
3236, Sector 15-D, Chandigarh  
Mob: 98146-73236, Tel. 0172-4613236  
E-mail : [tpublishers3236@gmail.com](mailto:tpublishers3236@gmail.com)

ਅਜੋਕੇ ਸਮਾਜ ਦੀ ਯਥਾਰਥਕ ਪੇਸ਼ਕਾਰੀ : ਇਕ ਟੱਕ ਹੋਰ  
ਸੰਪਾਦਕ : ਡਾ. ਹਰਜਿੰਦਰ ਕੌਰ  
ਪ੍ਰਕਾਸ਼ਕ : ਤਰਲੋਚਨ ਪਬਲਿਸ਼ਰਜ਼, ਚੰਡੀਗੜ੍ਹ-160015  
ਪੇਸ਼ਕਸ਼ : ਰਘਬੀਰ ਰਚਨਾ ਪ੍ਰਕਾਸ਼ਨ, ਚੰਡੀਗੜ੍ਹ

Scanned with OKEN Scanner

Scanned with OKEN Scanner

  
Coordinator  
NAAC  
SMHS Government College  
Sahibzada Ajit Singh Nagar

*Harjeet Goyal*

Principal  
SMHS Govt. College  
Sahibzada Ajit Singh Nagar

**ਸ਼ਹੀਦ ਮੇਜਰ ਹਰਮਿੰਦਰਪਾਲ ਸਿੰਘ (ਸ਼ੈ.ਚੱ.) ਸਰਕਾਰੀ ਕਾਲਜ, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ**

SHAHEED MAJOR HARMINDERPAL SINGH (Shaurya Chakra) GOVERNMENT COLLEGE, SAHIBZADA AJIT SINGH NAGAR

ਫੋਸ-6, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ (ਮੋਹਾਲੀ)-160056 Phone No. 0172-2225164 e-mail ID: [principal.gcmohali@gmail.com](mailto:principal.gcmohali@gmail.com)

International Publishers  
of Indian Languages



Representative Office :  
33 old oak Lane  
Levittown, NY -11756  
(U.S.A)

**Kahani-Sangreh 'Zamana Badal Gaya'  
Da Vishegat Adhiyan  
(Articles)**

Edited by : Gurnel Singh  
Mob : 99145-78013

Title designed by T. Singh  
ISBN : 978-81-7914-515-9

Price : Rs. 300  
Edition : 2021

Published by :

Tarlochan Publishers  
3236, Sector 15-D, Chandigarh  
Mob: 98146-73236, Tel. 0172-4613236  
E-mail : [tpublishers3236@gmail.com](mailto:tpublishers3236@gmail.com)

ਕਹਾਣੀ-ਸੰਗ੍ਰਹਿ 'ਜ਼ਮਾਨਾ ਬਦਲ ਗਿਆ' ਦਾ ਵਿਸ਼ੇਗਤ ਅਧਿਐਨ  
ਸੰਪਾਦਕ : ਗੁਰਮੇਲ ਸਿੰਘ  
ਪ੍ਰਕਾਸ਼ਕ : ਤਰਲੋਚਨ ਪਬਲਿਸ਼ਰਜ਼, ਚੰਡੀਗੜ੍ਹ-160015  
ਪੇਸ਼ਕਸ਼ : ਰਾਮਬੀਰ ਰਚਨਾ ਪ੍ਰਕਾਸ਼ਨ, ਚੰਡੀਗੜ੍ਹ

Scanned with OKEN Scanner

12. ਚਿੰਦਗੀ ਦਾ ਸਰਮਾਇਆ-ਮਾਂ	85
• ਹਰਕਮਲ ਕੌਰ	
13. ਅਜੋਕੇ ਯੁੱਗ ਵਿਚ ਮਨੁੱਖ ਦੀ ਤ੍ਰਾਸਦੀ	90
• ਡਾ. ਬਲਜੀਤ ਰੰਧਾਵਾ	
14. ਸਮਾਜਿਕ ਜੀਵਨ ਦੀ ਰਸਵੀਰ	96
• ਡਾ. ਪਲਵਿੰਦਰ ਕੌਰ	
15. ਅਜੋਕੇ ਮਨੁੱਖ ਦੀ ਹੋਣੀ ਦਾ ਬਿਰਤਾਂਤ	101
• ਡਾ. ਸਿਮਰਜੀਤ ਕੌਰ ਗਿੱਲ	
16. ਜ਼ਮਾਨਾ ਬਦਲ ਗਿਆ : ਇਕ ਮੁਲਾਂਕਣ	107
• ਸਰਬਜੀਤ ਕੌਰ	

1

Coordinator  
NAAC  
SMHS Government College  
Sahibzada Ajit Singh Nagar

8 / ਜ਼ਮਾਨਾ ਬਦਲ ਗਿਆ ਦਾ ਵਿਸ਼ੇਗਤ ਅਧਿਐਨ

Principal  
SMHS Govt. College  
Sahibzada Ajit Singh Nagar



ਸ਼ਹੀਦ ਮੇਜਰ ਹਰਮਿੰਦਰਪਾਲ ਸਿੰਘ (ਸ਼ੈ.ਚੱ.) ਸਰਕਾਰੀ ਕਾਲਜ, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ

SHAHEED MAJOR HARMINDERPAL SINGH (Shaurya Chakra) GOVERNMENT COLLEGE, SAHIBZADA AJIT SINGH NAGAR

ਫੇਸ-6, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ (ਮੋਹਾਲੀ)-160056

Phone No. 0172-2225164

e-mail ID: [principal.gcmohali@gmail.com](mailto:principal.gcmohali@gmail.com)

International Publishers  
of Indian Languages

Representative Office  
11 Old Oak Lane  
Levittown, PA 19346  
U.S.A.

Kahani-Sangreh 'Headmistress'  
Da Samajik Sarokar  
(Articles)

Edited by : Dr. Satinder Chanchal Rai  
Mob : 81959-81800

Title designed by T. Singh  
ISBN : 978-81-7914-512-8

Price : Rs. 300  
Edition : 2021

Published by :

Tarlochan Publishers  
3236, Sector 15-D, Chandigarh  
Mob: 98146-73236, Tel. 0172-4613236  
E-mail : [publishers3236@gmail.com](mailto:publishers3236@gmail.com)

ਕਹਾਣੀ-ਸੰਗ੍ਰਹਿ 'ਹੈਡਮਿਸਟ੍ਰੈਸ' ਦਾ ਸਮਾਜਿਕ ਸਰੋਕਾਰ  
ਸੰਪਾਦਕ : ਡਾ. ਸਤਿੰਦਰ ਚਾਂਚਲ ਰਾਏ  
ਪ੍ਰਕਾਸ਼ਕ : ਤਰਲੋਚਨ ਪਬਲਿਸ਼ਰਜ਼, ਚੰਡੀਗੜ੍ਹ-160015  
ਪੱਤਰਕ : ਰਾਮਬੀਰ ਰਚਨਾ ਪ੍ਰਕਾਸ਼ਨ, ਚੰਡੀਗੜ੍ਹ

Scanned with OKEN Scanner

- |     |   |     |
|-----|---|-----|
| 12. | ਮਾਨਵੀ ਜੱਦੋ-ਜਹਿਦ ਦੀ ਦਾਸਤਾਨ : 'ਹੈਡਮਿਸਟ੍ਰੈਸ'             | 78  |
|     | • ਮਨਪ੍ਰੀਤ ਕੌਰ   |     |
| 13. | 'ਹੈਡਮਿਸਟ੍ਰੈਸ' : ਵਸਤੂਪੂਲਕ ਅਧਿਐਨ                        | 83  |
|     | • ਡਾ. ਕਿਰਨਪਾਲ ਕੌਰ                                     |     |
| 14. | ਪੰਜਾਬੀ ਕਹਾਣੀ ਵਿਚ ਪੁਸਤੁਕ ਮਾਨਵੀ ਸਰੋਕਾਰ                  | 89  |
|     | • ਡਾ. ਸਿਮਰਜੀਤ ਕੌਰ ਗਿੱਲ                                |     |
| 15. | 'ਹੈਡਮਿਸਟ੍ਰੈਸ' ਪੁਸਤਕ ਦਾ ਵਿਸ਼ੇਗਤ ਅਧਿਐਨ                  | 94  |
|     | • ਡਾ. ਗੁਰਪ੍ਰੀਤ ਕੌਰ                                    |     |
| 16. | 'ਹੈਡਮਿਸਟ੍ਰੈਸ' ਕਹਾਣੀ-ਸੰਗ੍ਰਹਿ ਵਿਚਲੀਆਂ ਕਹਾਣੀਆਂ ਵਿੱਚ      | 98  |
|     | ਮਾਨਵੀ ਰਿਸ਼ਤਿਆਂ ਦੀ ਪੇਸ਼ਕਾਰੀ                            |     |
|     | • ਗੁਰਮੇਲ ਸਿੰਘ   |     |
| 17. | ਔਰਤ ਦੇ ਵੱਖ-ਵੱਖ ਅਕਸ : 'ਹੈਡਮਿਸਟ੍ਰੈਸ' ਕਹਾਣੀ-ਸੰਗ੍ਰਹਿ      | 103 |
|     | ਦੇ ਸਿਦਰਭ ਵਿਚ  |     |
|     | • ਡਾ. ਸੰਦੀਪ ਕੌਰ                                       |     |
| 18. | 'ਕਹਾਣੀ-ਸੰਗ੍ਰਹਿ 'ਹੈਡਮਿਸਟ੍ਰੈਸ' ਵਿਚਲੀਆਂ ਕਹਾਣੀਆਂ ਦਾ ਅਧਿਐਨ | 108 |
|     | • ਸਰਬਜੀਤ ਕੌਰ  |     |

Harjeet Goyal

Principal  
SMHS Govt. College  
Sahibzada Ajit Singh Nagar

Coordinator  
NAAC  
SMHS Government College  
Sahibzada Ajit Singh Nagar

ਕਹਾਣੀ-ਸੰਗ੍ਰਹਿ 'ਹੈਡਮਿਸਟ੍ਰੈਸ' ਦਾ ਸਮਾਜਿਕ ਸਰੋਕਾਰ / 8

Scanned with OKEN Scanner

ਸ਼ਹੀਦ ਮੇਜਰ ਹਰਮਿੰਦਰਪਾਲ ਸਿੰਘ (ਸ਼ੈ ਚੱ) ਸਰਕਾਰੀ ਕਾਲਜ, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ

SHAHEED MAJOR HARMINDERPAL SINGH (Sharma Chak) GOVERNMENT COLLEGE, SAHIBZADA AJIT SINGH NAGAR

ਦੇਸ-6, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ (ਮੋਹਾਲੀ)-160056

Phone No. 0172-2225164

e-mail ID: principal.gemohali@gmail.com

*All rights Reserved*

*(This book or a part thereof may not be reproduced in any form without the written permission of the Publisher)*

Neither Sharma Publications nor its author guarantee the accuracy or completeness of any information published herein, and neither Sharma Publications nor its authors shall be responsible for any errors, omissions, or damages arising out of use of this information.

**FIRST EDITION : 2022**

**PRICE : ₹ 350/-**

**ISBN : 978-93-82-704-71-3**



Every Copy of this book has the hologram of SP  
Students should buy only that book which has the hologram.



**Published By : Prof. D.R. Sharma for Sharma Publications,  
N.D. 118, Tanda Road, Jalandhar**



**Composed By : Nisha Handa for Accurate Centre, Jalandhar.**



**Printed at : Alpha Printing Press, Jalandhar.**

Coordinator

NAAC

SMHS Government College  
Sahibzada Ajit Singh Nagar

Principal

*Harjeet Singh*

Sahibzada Ajit Singh Nagar



ਸ਼ਹੀਦ ਮੇਜਰ ਹਰਮਿੰਦਰਪਾਲ ਸਿੰਘ (ਸ਼੍ਰੀ.ਚੱ.) ਸਰਕਾਰੀ ਕਾਲਜ, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ

SHAHEED MAJOR HARMINDERPAL SINGH (Shaurya Chakra) GOVERNMENT COLLEGE, SAHIBZADA AJIT SINGH NAGAR

ਫੋਸ-6, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ (ਮੋਹਾਲੀ)-160056

Phone No. 0172-2225164

e-mail ID: principal.gemohali@gmail.com

**SPECTRUM**

# NUMBER THEORY

for

**B.A. \ B.Sc.  
SEMESTER-IV  
Pbi.U.**



**D.R. SHARMA**

Formerly in Post-Graduate  
Deptt. of Mathematics,  
D.A.V. College,  
**AMRITSAR.**

**Dr. HARJINDER SINGH**

Deptt. of Mathematics,  
Govt. College,  
**MOHALI.**

**Mrs. CHETNA GUPTA**

Deptt. of Mathematics,  
Multani Mal Modi College,  
**PATIALA.**

**RAJPAL SINGH**

Assistant Professor,  
Deptt. of Mathematics,  
Govt. College,  
**MALERKOTLA.**



## SHARMA PUBLICATIONS

N.D. 118, Tanda Road, Jalandhar.

Phone : 0181-2284080, 6280996429

Email-Id : sharmapublication.sharma@gmail.com

Website : www.sharmapublications.com

Coordinator

NAAC

SMHS Government College  
Sahibzada Ajit Singh Nagar

*Harjeet Goyal*

Principal

SMHS Govt. College  
Sahibzada Ajit Singh Nagar

## Titanium dioxide nanoparticles synthesized using different reagents

Cite as: AIP Conference Proceedings 2357, 050015 (2022)  
Published Online: 09 May 2022

Shilpy Bhullar, Navdeep Goyal and Shikha Gupta

### ARTICLES YOU MAY BE INTERESTED IN

Factors influencing synthesis of titania nanoparticles – A short review

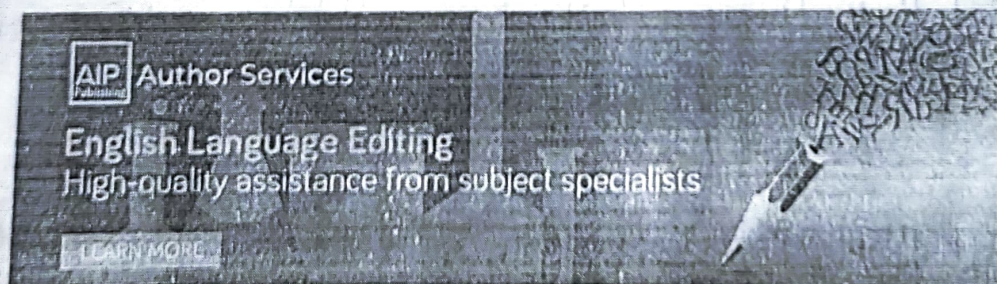
AIP Conference Proceedings 2352, 040036 (2021); <https://doi.org/10.1063/5.0052996>

Fabrication of silica films using Langmuir Blodgett technique for sensing applications

AIP Conference Proceedings 2357, 050017 (2022); <https://doi.org/10.1063/5.0060700>

Study of structural and magnetic properties of Mn modified hematite nanoparticles

AIP Conference Proceedings 2357, 050016 (2022); <https://doi.org/10.1063/5.0060976>



AIP Publishing Author Services  
English Language Editing  
High-quality assistance from subject specialists  
LEARN MORE

AIP Conference Proceedings 2357, 050015 (2022); <https://doi.org/10.1063/5.0080593>

2357, 050

© 2022 Author(s).

  
Coordinator  
NAAC

SMHS Government College  
Sahibzada Ajit Singh Nagar

*Hajjeet Goyal*

SMHS Govt. College  
Sahibzada Ajit Singh Nagar



ਸ਼ਹੀਦ ਮੇਜਰ ਹਰਮਿੰਦਰਪਾਲ ਸਿੰਘ (ਸ਼ੈ.ਚੱ.) ਸਰਕਾਰੀ ਕਾਲਜ, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ

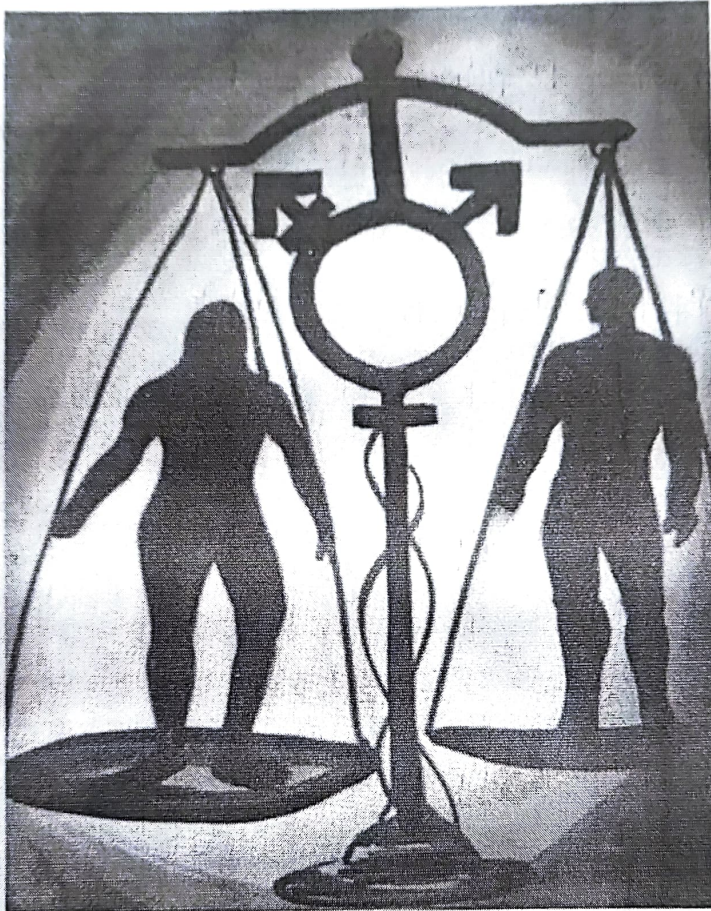
SHAHEED MAJOR HARMINDERPAL SINGH (Shaurya Chakra) GOVERNMENT COLLEGE, SAHIBZADA AJIT SINGH NAGAR

ਫੇਸ-6, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ (ਮੋਹਾਲੀ)-160056

Phone No. 0172-2225164

e-mail ID: principal\_gemohali@gmail.com

## LIFESTYLE MANAGEMENT AND GENDER EQUALITY FOR SUSTAINABLE DEVELOPMENT



Dr. Jaspal Singh  
Dr. Harjinder Singh  
Mr Pardeep Rattan  
Dr. Amritpal Singh  
Mr. Rohit Barach

Dr. Reetinder Joshi  
Dr. Mandeep Kaur  
Mrs. Anureet Bhalla  
Dr. Amandeep Kaur  
Mrs. Gunjeet Kang

ENRAY ENTERPRISES  
Chandigarh - (India)

Coordinator  
NAAC

SMHS Government College  
Sahibzada Ajit Singh Nagar

Principal  
SMHS Govt. College  
Sahibzada Ajit Singh Nagar



ਸ਼ਹੀਦ ਮੇਜਰ ਹਰਮਿੰਦਰਪਾਲ ਸਿੰਘ (ਸ਼ੈ.ਚੱ.) ਸਰਕਾਰੀ ਕਾਲਜ, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ

SHAHEED MAJOR HARMINDERPAL SINGH (Shaurya Chakra) GOVERNMENT COLLEGE, SAHIBZADA AJIT SINGH NAGAR

ਫੇਸ-6. ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ (ਮੋਹਾਲੀ)-160056

Phone No. 0172-2225164

e-mail ID: [principal.gcmohali@gmail.com](mailto:principal.gcmohali@gmail.com)

# Lifestyle Management and Gender Equality for Sustainable Development

Dr. Jaspal Singh, *Professor*

Dr. Reetinder Joshi, *Professor*

Dr. Harjinder Singh, *Professor*

Mr. Pardeep Rattan, *Librarian*

Dr. Mandeep Kaur, *Associate Professor*

Mrs. Anureet Bhalla, *Assistant Professor*

Dr. Amritpal Singh, *Assistant Professor*

Dr. Amandeep Kaur, *Assistant Professor*

Mr. Rohit Barach, *Assistant Professor*

Mrs. Gunjeet Kang, *Associate Professor*

**SMHS Government College,**

Phase VI, Sahibzada Ajit Singh Nagar (Pb) - 160056



Coordinator  
NAAC

SMHS Government College  
Sahibzada Ajit Singh Nagar

**ENKAY ENTERPRISES**

*Publisher, Distributor & Exporter*

Chandigarh - (India)

email: [enkay.chd@gmail.com](mailto:enkay.chd@gmail.com)

*Harjeet Goyal*

Principal  
SMHS Govt. College  
Sahibzada Ajit Singh Nagar



ਸ਼ਹੀਦ ਮੇਜਰ ਹਰਮਿੰਦਰਪਾਲ ਸਿੰਘ (ਸ਼ੈ.ਚੱ.) ਸਰਕਾਰੀ ਕਾਲਜ, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ

SHAHEED MAJOR HARMINDERPAL SINGH (Shaurya Chakra) GOVERNMENT COLLEGE, SAHIBZADA AJIT SINGH NAGAR  
ਫੋਸ-6. ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ (ਮੋਹਾਲੀ)-160056 Phone No. 0172-2225164 e-mail ID: [principal.gcmohali@gmail.com](mailto:principal.gcmohali@gmail.com)

International Standard Book Number ISBN: 978-81-961431-3-8

Lifestyle Management and Gender Equality for Sustainable Development—  
Dr. Jaspal Singh, Dr. Reetinder Joshi, et al.

₹ 1495.00 \$ 80.00

First Published: 2023  
This print: 2023

© 2023 Authors

All rights reserved. This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, resold, hired out, or otherwise circulated without the publisher's prior written consent in any form of binding or cover other than in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser and without limiting the rights under copyright reserved. No part of this publication may be reproduced, stored in or introduced into a retrieval system or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without prior written permission of both the copyright owner and the publisher of this book.

The views and opinions expressed in this book are the author's own and the facts verified to the extent possible are as reported by the author/s have been reproduced and the publishers in no way are responsible/liable for any affect on account of any expression, whatsoever. Any assertion regarding proprietary name/trademark etc. should not be taken as affecting the legal status of these names/marks.

Distributor:

NEW ERA BOOK AGENCY®  
SCO 49-51, SECTOR - 17 C, POST BOX - 52  
CHANDIGARH - 160 017 (INDIA)

Sales/Liaison/Warehouses-Godowns/Stokists/Distributors/Branches

New Delhi> Bengaluru> Hyderabad> Cochin> Goa> Guwahati> Derabassi> Australia> Canada  
Australia- (email: [neapen.aus@gmail.com](mailto:neapen.aus@gmail.com)) - Canada- (email: [neapen.ca@gmail.com](mailto:neapen.ca@gmail.com))

ENKAY ENTERPRISES

Publisher, Distributor & Exporter

Chandigarh - (India)

email: [enkay.chd@gmail.com](mailto:enkay.chd@gmail.com)

Harjeet Goyal  
Principal

SMHS Govt. College

Sahibzada Ajit Singh Nagar

Coordinator  
NAAC

SMHS Government College  
Sahibzada Ajit Singh Nagar  
Printed in India



## Foreword

The goals for sustainable development highlight the need for promoting healthy lifestyles and gender equality which requires the contribution of every single person who is part of society. The authors who have participated in the writing of this book have touched upon issues of health, housing, cinema, gender equality, knowledge paradigms and the imbalance which sometimes exists without our knowledge in the hidden recesses of our mind.

Sustainable Development and Gender Equality are inextricably linked since ages. Women have suffered disproportionately and so have the third gender. For thousands of years, castrated men have played key roles in various societies, but have been hidden in the background and shadows. The paradigm of two biological sexes and those too are unequal has existed since the beginning. Homosexuality and transvestitism— and other intermediate gender categories are treated as a “discrepancy” and ignored. The *Hijras* of India are not only an irrevocable part of our culture at the time of births and marriages but also citizens of the Nation. These categories are rarely considered when we study art, literature and decide National policies.


The purpose of writing of this book is to address the urgency of the global issue of sustainable development. The teachers who have contributed to this book have felt that gender equality is an urgent need because it impacts all of us. All human beings deserve the same treatment and equality benefits everyone because society becomes a safer place, resources are equally shared and everybody needs to be treated with dignity, respect and fairness.

  
Coordinator  
NAAC

SMHS Government College  
Sahibzada Ajit Singh Nagar

Mrs. Harjeet Gujral

Principal  
SMHS Government College  
SAS Nagar (Mohali)

  
Principal  
SMHS Govt. College  
Sahibzada Ajit Singh Nagar



ਸ਼ਹੀਦ ਮੇਜਰ ਹਰਮਿੰਦਰਪਾਲ ਸਿੰਘ (ਸ਼ੈ.ਚੱ.) ਸਰਕਾਰੀ ਕਾਲਜ, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ

SHAHEED MAJOR HARMINDERPAL SINGH (Shaheed Chakra) GOVERNMENT COLLEGE, SAHIBZADA AJIT SINGH NAGAR

ਫੇਸ-6, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ (ਮੋਹਾਲੀ)-160056

Phone No. 0172-2225164

e-mail ID: [principal.gcmohali@gmail.com](mailto:principal.gcmohali@gmail.com)

6

*Lifestyle Management and Gender Equality for Sustainable Development*

## Acknowledgement



We thank our Principal Mrs. Harjeet Gujral for her unstinted support at every step in publishing this book.

Editors

Coordinator  
NAAC  
SMHS Government College  
Sahibzada Ajit Singh Nagar

Principal  
SMHS Govt. College  
Sahibzada Ajit Singh Nagar



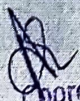
## About the Institution

SMHS Government College, Mohali was established in May 1984 with an aim to provide quality education to the students of Mohali Township and its adjoining rural areas. The college, in its attempt to recreate and perpetuate the best of the traditions of which it is a guardian, adopted "Aspire for Truth" as the college motto. The college motto gives a message of truthfulness so as to enrich the moral and social fabric of the societies. The immediate objective of the college is to enable the youth of this area to earn a formal degree required to pursue higher studies or take up a career.

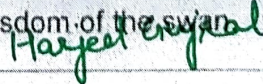
Wisdom and knowledge is the truth of life and the college motto "Aspire for Truth" motivates the students to achieve this truth. The college emblem with the swan soaring into the expanse of the vast universe signifies human quest for truth and the aspirations to scale higher and still higher heights in the field of art, culture and science. The inspiration of this emblem has come from the words of Guru Amar Das, the third Sikh Guru:

*"The God-wards in God's love are pure like  
the swans, and sublimating their ego  
they abide on the shores of Lord's sea"*

Swan, the legendary water-bird is known for its wisdom to pick pearls only. Like the pearls, the bird has come to stay as a symbol of purity and truth. Various legends are woven around the bird and all that it symbolizes. Saraswati, the Goddess of knowledge and wisdom in Indian mythology, rides the swan. In order to fulfil the vision of the college in letter and spirit IQAC prepares the Academic calendar of the college timely so that all the departments can adhere to it. The college Emblem with the swan soaring into the expanses of the vast universe signifies individual's quest for Truth and his aspirations to scale higher and still higher heights in the fields of Art, Commerce and Science. Therefore, this college aims at imparting the strength of body and mind to attain the wisdom of the swan.



Coordinator  
NAAC  
SMHS Government College  
Sahibzada Ajit Singh Nagar



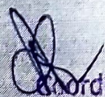
Principal  
SMHS Govt. College  
Sahibzada Ajit Singh Nagar



*The views, political attitudes, thoughts, and opinions expressed in the book are solely personal of the author and do not necessarily reflect the publisher, official policy or position, or company or organisation or other group/individual. Assumptions, analysis etc. are based on open source information are examples are not reflective of position of any official or government entity. Comments are the sole responsibility of their writers/author take full responsibility, liability, and blame for any libel or litigation that resulting as direct consequences. For critically-thinking human beings, these views are always subject to change, revision, and rethinking at any time and should not be held in perpetuity.*

**SPECIAL NOTES:**

1. *Has not previously been published in whole or in part and is currently not being considered elsewhere for publication, and, if accepted for publication in this edited volume, will not be published elsewhere in any language or form, without the consent of the editor.*
2. *Authors would be solely responsible for any kind of plagiarism (if found in their contributed research papers. Editor would not be solely responsible for plagiarism.*
3. *Editor would not be responsible for any dispute directly/indirectly associated with the research paper and articles; the respective authors would be solely responsible for such disputes. The content of this volume (in any form) cannot be use without prior permission of the editor.*




Coordinator

NAAC

SMHS Government College

Sahibzada Ajit Singh Nagar



Principal

SMHS Govt. College

Sahibzada Ajit Singh Nagar



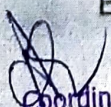
## Preface

The sustainable development goals are a continuation of the eight Millennium Development Goals (MDGs) which began in the year 2000. The MDGs helped millions of people to combat hunger, poverty and discrimination against women. The global consumption of ozone-depleting substances was brought down and people realized that it was important to plant trees and stop the depletion of forests. According to the UN, many people are living healthier lives now but areas where SDGs have worked negligibly are in the goals of gender equality. Almost no country has achieved, even partially, this goal. Denmark has achieved a score of 90 out of 100 which stands for equality achieved. Average score of all countries is a poor score of 65.7.

Post Covid, the situation has worsened due to shortage in jobs and time spent on unpaid care and domestic work. Women's health is poorly funded and violence and discrimination in education remains worldwide.

Bold efforts are needed to advance gender equality. Financial investment policies and laws are the need of the hour. There has been a marginal increase in women's representation in houses of National Parliaments (26.2% in Jan 2022). But the pace is so slow that it might take another 40 years to achieve equal representation.

All have the right to live with dignity and respect. Each of us, no matter what our gender, has the right to equality. Elimination of harmful practices like violence and



Coordinator  
NAAC

SMHS Government College  
Sahibzada Ajit Singh Nagar

Harjeet Goyal

Principal

SMHS Govt. College

Sahibzada Ajit Singh Nagar



ਸ਼ਹੀਦ ਮੇਜਰ ਹਰਮਿੰਦਰਪਾਲ ਸਿੰਘ (ਸ਼ੈ.ਚੱ.) ਸਰਕਾਰੀ ਕਾਲਜ, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ

SHAHEED MAJOR HARMINDERPAL SINGH (Shaurya Chakra) GOVERNMENT COLLEGE, SAHIBZADA AJIT SINGH NAGAR  
ਫੋਨ-6. ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ (ਮੋਹਾਲੀ)-160056 Phone No. 0172-2225164 e-mail ID: principal.gcmohali@gmail.com

10

*Lifestyle Management and Gender Equality for Sustainable Development*

exploitation of women must be ensured if we wish to ensure sustainable development.

The writers who have contributed to the writing of this book have taken special care to outline the pledge "Leave No One Behind" and to ensure that there is fast-track progress for those who are furthest behind, first. Women and girls have played a very important part in nurturing civilization, they deserve to be given their due and be able to live freely without violence.

**Dr. Reetinder Joshi**



Coordinator  
NAAC  
SMHS Government College  
Sahibzada Ajit Singh Nagar

*Harjeet Goyal*

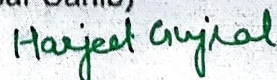
Principal  
SMHS Govt. College  
Sahibzada Ajit Singh Nagar



## Contents

	<i>Foreword</i>	
	<i>Acknowledgement</i>	
	<i>Preface</i>	
	<i>About the Institution</i>	
1	Rachel Carson's 'Silent Spring:' ..... A Wake-Up Call for Environmental Consciousness <i>Rashmi Prabhakar</i>	13
2	Library, Society and the Development- A Review ..... <i>Pardeep Rattan</i>	20
3	Cinema for Showcasing Women's Empowerment: ..... A Case Study of the Hindi film English Vinglish <i>Aarti Bakshi</i>	27
4	Enhancing Gender Equality: A Path towards ..... a Fairer Society <i>Amritpal Singh</i>	34
5	Creating Healthy Lives: Best Practices in ..... India and Punjab <i>Arvinder Kaur Saini</i>	43
6	Healthy Lives: The Mind-Body Connection ..... <i>Puneet Virk</i>	52
7	Positive Emotions: Impact on Health and Well Being ..... <i>Dr. Supreet Kaur Uppal</i>	61
8	Promoting Healthy Lives for Sustainable ..... Development: A Multidisciplinary Approach <i>Harsh Bala</i>	71
9	Gender Equality ..... <i>Dr. Ekta Sharma</i>	79
10	Gender Politics in Bama's Karruku: ..... A Critical Perspective <i>Dinesh Kumar</i>	89
11	ਇੰਟਰਨੈੱਟ ਉੱਪਰ ਗਿਆਨ ਵਿੱਚ ਅੱਗੇ ਦੀ ਹਿੱਸੇਦਾਰੀ ਦਾ ਅਧਿਐਨ ..... <i>ਡਾ. ਸਟਾਲਿਨਜੀਤ ਸਿੰਘ</i>	98
12	Role of Women in Rural Transformation in Punjab: A ..... Case Study of Village Thandewala (Sri Muktsar Sahib) <i>Dr. Veerpal Kaur</i>	105

  
Coordinator  
NAAC

  
Principal

SMHS Govt. College  
Sahibzada Ajit Singh Nagar



ਸ਼ਹੀਦ ਮੇਜਰ ਹਰਮਿੰਦਰਪਾਲ ਸਿੰਘ (ਸ਼ੇ.ਚੱ.) ਸਰਕਾਰੀ ਕਾਲਜ, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ

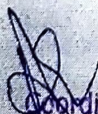
SHAHEED MAJOR HARMINDERPAL SINGH (SHAURYA Chakra) GOVERNMENT COLLEGE, SAHIBZADA AJIT SINGH NAGAR

ਫੋਨ-6, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ (ਮੋਹਾਲੀ)-160056

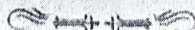
Phone No. 0172-2225164

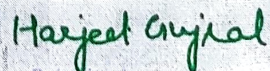
e-mail ID: principal.gcmohali@gmail.com

- 12 *Lifestyle Management and Gender Equality for Sustainable Development* 117
- 13 **Sleep Quality and Physical Fitness** ..... 117  
*Dr. Amreen Sekhon*
- 14 **भारतीय संस्कृति में सतत विकास** ..... 125  
*डॉ. सारबजीत कौर*
- 15 **A Psychological Perspective on Gender Equality and Inequality** ..... 136  
*Dr. Sharanjit Kaur*
- 16 **Factors affecting buying behavior for health insurance products in Indian Context** ..... 143  
*Harpreet Kaur - Ravneet Kaur*
- 17 **Consumer Awareness about Gluten Free Products** ..... 156  
*Jaspreet Kaur - Nidhi Dawar*
- 18 **Role of Financial Services in Economic Growth in India** ..... 171  
*Manpreet Kaur - Akriti*
- 19 **Income Inequality among Gender: An Analysis of Employees in Education Sector** ..... 182  
*Navdeep Singh - Dr. Sangeeta Nagaich - Dr. Amanpreet Singh*
- 20 **Gender Issues in Shashi Deshpande's That Long Silence, and Arundhati Roy's The God of Small Things** ..... 196  
*Dinesh Kumar - Dr. Gurpreet Kaur*
- 21 **Gender Equity: A Pathway to Cultural Advancement and Strengthening** ..... 206  
*Rohini Devi*
- 22 **The Multitudes of Resistance in Namita Gokhale's The Blind Matriarch** ..... 214  
*Dr. Sandeep Kaur*
- 23 **ਸਮਕਾਲੀ ਜਲ ਸੰਕਟ ਨਿਵਾਰਣ ਲਈ ਗੁਰਬਾਣੀ ਸੰਦੇਸ਼** ..... 222  
*ਡਾ. ਅਮਨਦੀਪ ਕੌਰ*
- 24 **Nanotechnology and Sustainable Developmen** ..... 228  
*Gurinder Sandhu - Dr. Shilpy Bhullar*  
*Dr. Shikha Gupta - Prof. Navdeep Goyal*
- 25 **Unlocking Vital Link Between Work Place Environment and Mental Health - A Case Study** ..... 234  
*Nishtha Tripathi*

  
Coordinator  
NAAC

SMHS Government College  
Sahibzada Ajit Singh Nagar






Principal  
SMHS Govt. College  
Sahibzada Ajit Singh Nagar

ਸ਼ਹੀਦ ਮੇਜਰ ਹਰਮਿੰਦਰਪਾਲ ਸਿੰਘ (ਸ਼ੈ.ਚ.) ਸਰਕਾਰੀ ਕਾਲਜ, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ

SHAHEED MAJOR HARMINDERPAL SINGH (Shaurya Chakra) GOVERNMENT COLLEGE, SAHIBZADA AJIT SINGH NAGAR  
 ਫੇਸ-6, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ (ਮੋਹਾਲੀ)-160056 Phone No. 0172-2225164 e-mail ID: principal.gemohali@gmail.com

<b>ENKAY ENTERPRISES</b> Chandigarh - India (Tel. - 0172-2702318, 9417080843) E-mail: enkay.ch@gmail.com Address/Correspondence SCO 49-51, (Basement) POST BOX - 52, SECTOR-17 C, CHANDIGARH-160 017(INDIA) (Regd Office / 405 43 A, CHANDIGARH -160043 (INDIA))		<b>Bill/Invoice</b>		To The Principal SMHS Government College, Phase VI, Sahibzada Ajit Singh Nagar - 160056
		No. <b>2021 E - 12</b> Date <b>07/08/2023</b> Dispatch Mode Your Order No.		

NO RETURNS WILL BE ACCEPTED WITHOUT WRITTEN AUTHORIZATION

S.No.	Particulars	Unit	Price	Qty	Amount	Total
1	Contemporary Ideas on Sustainable Well-being and Mental Health Dr. Reetinder Joshi et al. (Paperback) (ISBN 978-81-961431-7-6)	Rs.	995.00	20	20700.00	
					AMOUNT PAYABLE⇒	20700.00


**Account Detail**  
 Account : Enkay Enterprises, Chandigarh  
 A/c No.: 920020056660961 (Current)  
 Bank Details: Axis Bank, SCO 156-158, Ground Floor,  
 Sector 17 C, Chandigarh - 160017  
 IFSC : UTIB0000520 MICR 160211008

RUPEES TWENTY THOUSAND SEVEN HUNDRED ONLY

TERMS AND CONDITIONS: Cheques/amounts only to be paid within 7 days. All disputes are subject to Chandigarh jurisdiction. Payment @ 24% P.A. will be charged if not paid within the said date. All verbiage should be sent by fax to Chandigarh. Credit card payments are not accepted. Account charges @ Rs. 150 per folio and by collection charges. Credit card charges will be 3%.

FADE (HSN code-490199 Printed Books 0% Tax)

For ENKAY ENTERPRISES  
 (Authorized Signatory)

  
 Coordinator  
 NAAC  
 SMHS Government College  
 Sahibzada Ajit Singh Nagar

  
 Principal  
 SMHS Govt. College  
 Sahibzada Ajit Singh Nagar



ਸ਼ਹੀਦ ਮੇਜਰ ਹਰਮਿੰਦਰਪਾਲ ਸਿੰਘ (ਸ਼ੀ. ਚੱ.) ਸਰਕਾਰੀ ਕਾਲਜ, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ

SHAHEED MAJOR HARMINDERPAL SINGH (Shaurya Chakra) GOVERNMENT COLLEGE, SAHIBZADA AJIT SINGH NAGAR

ਫੋਨ-6. ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ (ਮੋਹਾਲੀ)-160056 Phone No. 0172-2225164 e-mail ID: [principal.gcmohali@gmail.com](mailto:principal.gcmohali@gmail.com)


NATIONAL PRESS ASSOCIATES

# LET'S GET THRIVING: A Comprehensive Guide to Achieving Optimal Health and Well-being



**Chief Editor**  
*Dr. Harjus Kaur*

**Editors**  
*Arvinder Kaur Saini, Meena Kumari*

  
Coordinator  
NAAC  
SMHS Government College  
Sahibzada Ajit Singh Nagar

  
Principal  
SMHS Govt. College  
Sahibzada Ajit Singh Nagar

ਸਹੀਦ ਮੇਜਰ ਹਰਮਿੰਦਰਪਾਲ ਸਿੰਘ (ਸੀ ਏ) ਸਰਕਾਰੀ ਕਾਲਜ ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ

SHAHID MAJOR HARMINDERPAL SINGH (SIR) GOVERNMENT COLLEGE, SAHIBZADA AJIT SINGH NAGAR

ਦੇਸ਼: ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ (ਮੋਹਾਲੀ) 150096 Phone No. 0172-2225166 e-mail ID: principal.gmohali@gmail.com

# LET'S GET THRIVING: A Comprehensive Guide to Achieving Optimal Health and Well-being

**Chief Editor**

*Dr. Harjus Kaur*

**Editors**

*Arvinder Kaur Saini*

*Meena Kumari*

ISBN:978-93-90863-96-9



**National Press Associates**  
**New Delhi**



Coordinator  
NAAC

SMHS Government College  
Sahibzada Ajit Singh Nagar

*Harjeet Goyal*

Principal  
SMHS Govt. College  
Sahibzada Ajit Singh Nagar



A Comprehensive Guide to Achieving Optimal Health and Well-being  
LET'S GET THRIVING  
EXPLORATION OF RESILIENCE & MENTAL HEALTH IN  
ENGLISH LITERATURE

Gurpreet Kaur

Assistant Professor

Department of English, Government College, S.A.S Nagar

ABSTRACT

Reflecting the changing cultural perception of psychological well-being, the study of mental health in English literature has undergone a dynamic and revolutionary journey. This essay aims to examine the multifaceted character of mental health as it is portrayed in different eras and literary genres in English literature. This investigation, which draws on a wide range of literary works, covers the Gothic literature of the 19th century, in which lunacy and insanity were frequently portrayed as eerie, enigmatic forces within characters. It advances to the Victorian age, which was characterised by stories that struggled with suppressed impulses, split personalities, and societal expectations, illuminating the psychological intricacies of people. The modernist era probed deeper into the human psyche, emphasising themes of trauma and alienation while utilising cutting-edge techniques like stream-of-consciousness narratives to record characters' inner thoughts and experiences.

A greater focus on psychological trauma was seen in post-World War II writing, with writers exploring the effects of conflict, depression, and societal constraints on people's mental health. In the modern period, authors explore a wide range of illnesses, such as autism, depression, anxiety, and familial dynamics, with a more nuanced and empathic approach to mental health.

**Keywords:** Positive attitude, Self-belief, building and boosting Resilience, Stress, Mental health, Existential doubt, Empathy.

INTRODUCTION

We inevitably face difficulties and challenges in life, which put our mental and emotional fortitude to the test. Resilience is the capacity to recover from setbacks, handle stress, and keep a positive attitude. A potent tool that can assist us in navigating challenging circumstances, learning from our experiences, and thriving in the face of adversity is the development of mental and emotional resilience. We'll look at a variety of tactics in this chapter to strengthen our resilience and lay a strong foundation for our mental and emotional health.

Instead of being a natural quality, resilience is a skill that can be improved. It involves the ability to adjust to change, bounce back from hardship, keep one's equilibrium, and successfully overcome the source of difficulties. Positive attitudes, self-belief, adaptability, and social support are among the basic traits of resilient people, and these qualities help them deal with stress and challenges successfully. The ability to create and foster resilience within ourselves is made possible by our understanding of resilience as a dynamic process. Building resilience requires having a positive outlook. It entails developing positive thought habits and reinterpreting

Harjeet Singh  
Principal  
GMS Govt. College  
S.A.S. Nagar

## HERBS AND HEALTH

Reetinder Joshi

Assistant Professor, Department of English,  
Government College SAS Nagar, Mohali

### ABSTRACT

This content highlights the realization that traditional Indian remedies suggested by grandmothers would have been a better alternative to relying on medicines for various ailments. It emphasizes India's rich heritage of herbal medicine and the medicinal properties inherent in the food consumed for ages. The article discusses the decline of Vedic practices in North India due to multiple invasions, leading to a loss of knowledge regarding holistic living. It explores the historical significance of medicinal herbs, traditional treatments for common problems, and the impact of modern dietary patterns on health. The content delves into the importance of practices such as fasting, early morning routines, and specific bathing rituals in maintaining well-being. It also underscores the connection between physical exercise, meditation, and spiritual sensitivity through the practice of Yoga. The article highlights the medicinal properties of commonly used herbs and spices in Indian cuisine, such as fennel, carom, lemongrass, turmeric, triphala, black pepper, cinnamon, Amla (Indian Gooseberry), and various others. It concludes by emphasizing that Indian cuisine, prepared according to traditional methods, not only offers flavor but also promotes health and well-being based on ancient wisdom.

**Keywords:** Traditional remedies, Herbal medicine, Indian cuisine, Medicinal herbs, Holistic living

After a long period of using medicines for various ailments we realize that it would have been better to use the easy remedies suggested by grandma. India has a vast and long-standing tradition of herbal medicine. The food that we have consumed since ages – is by its very nature medicinal. Unlike the North Indians, South Indian culture has remained very committed about its culinary habits for thousands of years. Our history is a record of multiple invasions in the North and people, thus, have quite forgotten the Vedic practices and ways of living.

The medicinal herbs and their use is known to Indians since the 3<sup>rd</sup> Millennium BC. The Rig Veda exists in written form from 1500 BCE to 3000 BCE. It contains the oldest information about plants and their uses. There is a vast knowledge of ailments and their cure in Indian medicine. Most households until very recently knew how to treat basic problems like cough, common cold; rashes, diarrhea and even hairfall or obesity. After following western dietary patterns and food habits Indians are falling prey to various problems to which they have not retained the ways of treatment. We eat too much and often we eat foods which are not indigenous to our climate and ways of life. In the past the diet was very strict with only two meals a day. Spirituality dictated that we should not waste food, or overeat and also that we should share with the less fortunate, with cows, dogs and even birds.

Coordinator  
NAAC  
SMHS Government College  
Sahibzada Ajit Singh Nagar



ਸ਼ਹੀਦ ਮੇਜਰ ਹਰਮਿੰਦਰਪਾਲ ਸਿੰਘ (ਸ਼ੈ.ਚੱ.) ਸਰਕਾਰੀ ਕਾਲਜ, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ

SHAHEED MAJOR HARMINDERPAL SINGH (Shaurya Chakra) GOVERNMENT COLLEGE, SAHIBZADA AJIT SINGH NAGAR

ਫੇਸ-6, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ (ਮੋਹਾਲੀ)-160056

Phone No. 0172-2225164

e-mail ID: [principal\\_gcmohali@gmail.com](mailto:principal_gcmohali@gmail.com)

# Sustainable Development

## Issues and Best Practices in Punjab and India

Dr. Jaspal Singh, *Professor*

Dr. Reetinder Joshi, *Professor*

Dr. Harjinder Singh, *Professor*

Dr. Mandeep Kaur, *Associate Professor*

Mr. Pardeep Rattan, *Librarian*

Mrs. Anureet Bhalla, *Assistant Professor*

Dr. Amritpal Singh, *Assistant Professor*

Dr. Amandeep Kaur, *Assistant Professor*

Mr. Rohit Barach, *Assistant Professor*

**SMHS Government College,**

*Phase VI, Sahibzada Ajit Singh Nagar (Pb) - 160056*



**ENKAY ENTERPRISES**

*Publisher, Distributor & Exporter*

Chandigarh - (India)

email: [enkay.chd@gmail.com](mailto:enkay.chd@gmail.com)

Coordinator

NAAC

SMHS Government College

Sahibzada Ajit Singh Nagar

*Harjeet Chahal*

Principal

SMHS Govt. College

Sahibzada Ajit Singh Nagar

ਸ਼ਹੀਦ ਮੇਜਰ ਹਰਮਿੰਦਰਪਾਲ ਸਿੰਘ (ਸ਼ੈ. ਚੱ.) ਸਰਕਾਰੀ ਕਾਲਜ, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ

SHAHEED MAJOR HARMINDERPAL SINGH (Shahrya Chakra) GOVERNMENT COLLEGE, SAHIBZADA AJIT SINGH NAGAR

ਫੋਸ-6, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ (ਮੋਹਾਲੀ)-160056

Phone No. 0172-2225164

e-mail ID: [principal.gcmohali@gmail.com](mailto:principal.gcmohali@gmail.com)

International Standard Book Number ISBN: 978-81-961431-2-1

*Sustainable Development: Issues and Best Practices in Punjab and India-*  
Dr. Jaspal Singh et al.

₹ 1495.00 \$ 80.00

First Published: 2023  
This print: 2023

© 2023 Authors

All rights reserved. This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, resold, hired out, or otherwise circulated without the publisher's prior written consent in any form of binding or cover other than in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser and without limiting the rights under copyright reserved. No part of this publication may be reproduced, stored in or introduced into a retrieval system or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without prior written permission of both the copyright owner and the publisher of this book.

The views and opinions expressed in this book are the author's own and the facts verified to the extent possible are as reported by the author/s have been reproduced and the publishers in no way are responsible/liable for any affect on account of any expression, whatsoever. Any assertion regarding proprietary name/trademark etc. should not be taken as affecting the legal status of these names/marks.

*Distributor:*

**NEW ERA BOOK AGENCY**®  
SCO 49-51, SECTOR - 17 C, POST BOX - 52  
CHANDIGARH - 160 017 (INDIA)

Sales/Liaison/Warehouses-Godowns/Stokists/Distributors/Branches

New Delhi>Bengaluru>Hyderabad>Cochin>Goa> Guwahati>Derabassi>Australia>Canada  
Australia- (email: [neapen.aus@gmail.com](mailto:neapen.aus@gmail.com)) - Canada- (email: [neapen.ca@gmail.com](mailto:neapen.ca@gmail.com))

**ENKAY ENTERPRISES**

*Publisher, Distributor & Exporter*

**Chandigarh - (India)**


email: [enkay.chd@gmail.com](mailto:enkay.chd@gmail.com)

*Harjeet Arjyal*

Printed in India

Principal

SMHS Govt. College  
Sahibzada Ajit Singh Nagar

  
Coordinator  
NAAC  
SMHS Government College  
Sahibzada Ajit Singh Nagar



## Foreword

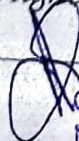
When we look back and then, forward to the coming times the need is not to enumerate the past or coming disasters but to learn lessons both positive and negative; and use them to mitigate the coming problems and adversities. The small group of intellectuals, those who have participated in the writing of this book have endeavoured to understand and build a knowledge base of the issues and possible solutions that confront us.

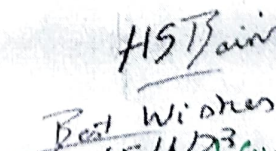


The topics discussed like consumer awareness, food insecurity, renewable energy, poverty, nano-solutions and climate change are the most troubling topics in our time. Some writers have suggested solutions, offered advice and hope which is very important contribution to our society. Teachers from Punjab, Maharashtra, Haryana and other states have contributed to the writing of this multidisciplinary book. By sharing these experiences, this book aims to inspire and equip policymakers, entrepreneurs, activists, and citizens alike with practical insights and actionable strategies. It serves as a testament to the immense potential that lies within each one of us to effect positive change and create a world that is environmentally sustainable, socially just, and economically prosperous.

May this book ignite a flame of hope and serve as a guiding light, illuminating the path towards sustainable development. I wish this endeavour success and hope that people will read these suggestions, take them to heart and then put them to practical use.

Sh. Harjot Singh Bains  
Cabinet Minister  
Higher Education & Languages,  
Govt. of Punjab

  
Coordinator  
NAAC  
SMHS Government College  
Sahibzada Ajit Singh Nagar

  
Best Wishes  
15/11/23  
Harjeet Goyal  
Principal  
SMHS Govt. College  
Sahibzada Ajit Singh Nagar

ਸ਼ਹੀਦ ਮੇਜਰ ਹਰਮਿੰਦਰਪਾਲ ਸਿੰਘ (ਸ਼ੈ ਚੱ) ਸਰਕਾਰੀ ਕਾਲਜ, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ

SHAHEED MAJOR HARMINDERPAL SINGH (Shaurya Chakra) GOVERNMENT COLLEGE, SAHIBZADA AJIT SINGH NAGAR

ਫੋਸ-6, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ (ਮੋਹਾਲੀ)-160056

Phone No. 0172-2225164

e-mail ID: principal.gemohali@gmail.com

*Sustainable Development: Issues and Best Practices in Punjab and India*

## Acknowledgement



We thank our Principal Mrs. Harjeet Gujral for her unstinted support at every step in publishing this book.

Editors

Coordinator  
NAAC  
SMHS Government College  
Sahibzada Ajit Singh Nagar

*Harjeet Gujral*

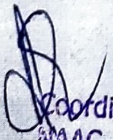
Principal  
SMHS Govt. College  
Sahibzada Ajit Singh Nagar



## Preface

The 2030 Agenda for Sustainable Development has set targets for peace, dignity and prosperity for the planet and humankind. To achieve a free, poverty less, healthy environment for all is a challenging prospect at the moment because we all are engaged in a selfish, haphazard and hurried attempt to grow individually. To envisage a collective, inclusive and sustained growth and to conserve the limited resources we have will require that we overcome our differences and work shoulder to shoulder as a humane brotherhood and sisterhood. *Vasudevaya Kutumbhakam* is a beautiful concept but it requires a lot of thought, vision and sacrifices. The college teachers who have contributed to this book have shown a high level of feeling and thought to motivate not only students but all society to live and work together to achieve these goals. The writers have described the situation in Punjab and India and offered intelligent solutions. We must pay attention to what these writers have to say to mould our future generations with wisdom, ferethought and forebearance.

Dr. Reetinder Joshi



Coordinator  
NAAC

SMHS Government College  
Sahibzada Ajit Singh Nagar



Principal  
SMHS Govt. College  
Sahibzada Ajit Singh Nagar



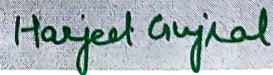
*The views, political attitudes, thoughts, and opinions expressed in the book are solely personal of the author and do not necessarily reflect the publisher, official policy or position, or company or organisation or other group/individual. Assumptions, analysis etc. are based on open source information are examples are not reflective of position of any official or government entity. Comments are the sole responsibility of their writers/author take full responsibility, liability, and blame for any libel or litigation that resulting as direct consequences. For critically-thinking human beings, these views are always subject to change, revision, and rethinking at any time and should not be held in perpetuity.*

**SPECIAL NOTES:**

1. Has not previously been published in whole or in part and is currently not being considered elsewhere for publication, and, if accepted for publication in this edited volume, will not be published elsewhere in any language or form, without the consent of the editor.
2. Authors would be solely responsible for any kind of plagiarism (if found in their contributed research papers. Editor would not be solely responsible for plagiarism.
3. Editor would not be responsible for any dispute directly/indirectly associated with the research paper and articles; the respective authors would be solely responsible for such disputes. The content of this volume (in any form) cannot be use without prior permission of the editor.



Coordinator  
NAAC  
SMHS Government College  
Sahibzada Ajit Singh Nagar



Principal  
SMHS Govt. College  
Sahibzada Ajit Singh Nagar



## About the Institution

SMHS Government College, Mohali was established in May 1984 with an aim to provide quality education to the students of Mohali Township and its adjoining rural areas. The college, in its attempt to recreate and perpetuate the best of the traditions of which it is a guardian, adopted "Aspire for Truth" as the college motto. The college motto gives a message of truthfulness so as to enrich the moral and social fabric of the societies. The immediate objective of the college is to enable the youth of this area to earn a formal degree required to pursue higher studies or take up a career.

Wisdom and knowledge is the truth of life and the college motto "Aspire for Truth" motivates the students to achieve this truth. The college emblem with the swan soaring into the expanse of the vast universe signifies human quest for truth and the aspirations to scale higher and still higher heights in the field of art, culture & science. The inspiration of this emblem has come from the words of Guru Amar Das, the third Sikh Guru:

*"The God-wards in God's love are pure like  
the swans, and sublimating their ego  
they abide on the shores of Lord's sea"*

Swan, the legendary water-bird is known for its wisdom to pick pearls only. Like the pearls, the bird has come to stay as a symbol of purity and truth. Various legends are woven around the bird and all that it symbolizes. Saraswati, the Goddess of knowledge and wisdom in Indian mythology, rides the swan. In order to fulfil the vision of the college in letter and spirit IQAC prepares the Academic calendar of the college timely so that all the departments can adhere to it. The college Emblem with the swan soaring into the expanses of the vast universe signifies individual's quest for Truth and his aspirations to scale higher and still higher heights in the fields of Art, Commerce and Science. Therefore, this college aims at imparting the strength of body and mind to attain the wisdom of the swan.

*Harjeet Goyal*

Principal  
SMHS Govt. College  
Sahibzada Ajit Singh Nagar

*[Signature]*  
Coordinator  
NAAC  
SMHS Government College  
Sahibzada Ajit Singh Nagar