

PT. MOHAN LAL S.D. COLLEGE FOR WOMEN

SH. UPKAR KRISHAN SHARMA BLOCK

"आदर्श अनुशासन मर्यादा ईमानदारी तथा उच्च मानवीय
मूल्यों के बिना किसी का जीवन महान नहीं बन सकता।"



Pt. MOHAN LAL S.D. COLLEGE FOR WOMEN, GURDASPUR

A MULTI FACULTY POST GRADUATE INSTITUTE

Re - accredited with 'A' grade by NAAC (3rd cycle 2024)

IIC Ranking '3 Star' Rating by Ministry of Education 2024

Listed in the Tribune Guide to Best Colleges (25th April, 2025)

MANAGED BY: GGDSD COLLEGE SOCIETY, CHANDIGARH

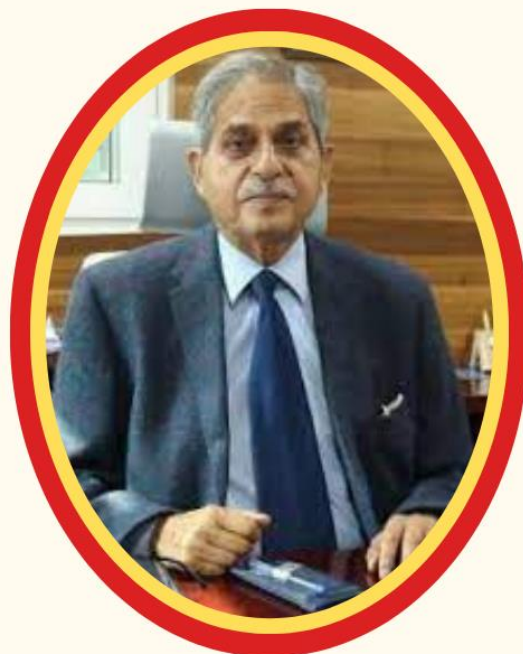
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OUR INSPIRING SPIRIT



PT. MOHAN LAL JI

FORMER EDUCATION, HOME AND FINANCE MINISTER, PUNJAB
FOUNDER PRESIDENT OF GGDSD COLLEGE SEC-32, CHANDIGARH
PT. MOHAN LAL S.D. COLLEGE FOR WOMEN, GURDASPUR
PT. MOHAN LAL S.D. SCHOOL, CHANDIGARH.



SH. UPKAR KRISHAN SHARMA JI

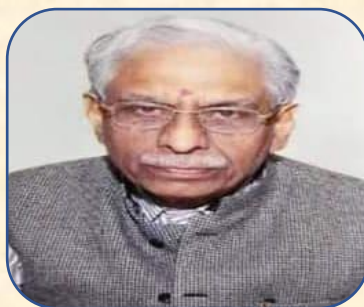
FORMER PRESIDENT GGDSD COLLEGE SOCIETY, CHANDIGARH
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E-MAGAZINE

‘DARPAN’



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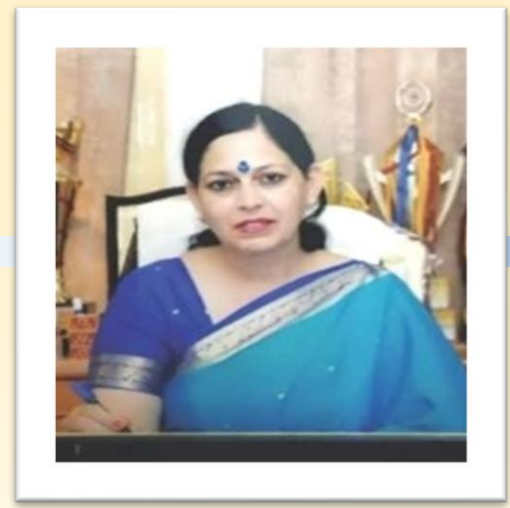


Dr. Khushboo
Editor



Mr. Ashwani
Technical Expert





Dear Sdians...

It gives me immense sense of fulfilment when I look at the monthly edition of college e-Magazine '**DARPAN**' which has now successfully completed four glorious years. The essential purpose of e-magazine '**DARPAN**' is to inform, engage and inspire faculty, students, parents, alumni and our stakeholders. This e-magazine endeavors to reflect the values and the long tradition of excellence of the institution itself. Throughout the year campus buzzes with various activities that makes learning experience at SD Gurdaspur, a unique one. The perpetual efforts of the faculty, students and clubs/societies of the college in keeping the campus alive are commendable. Workshops, conferences, competitions, rallies, sports, guest lectures, FDPs, PDPs and a great variety of activities that corroborate academic learning help our students to grow in the real sense.

I congratulate Er. Surkhab Shelly, Dr. Khushboo (editors) along with Mr. Ashwani (Technical Expert) for giving practical shape to my idea of e-magazine and wish all the best for inspired and result oriented session.

Dr. (Mrs.) Neeru Sharma
Principal



PATRIOTIC WEEK CELEBRATIONS



Patriotic Week is a regular feature of the college and is jointly celebrated by the Social Sciences Departments to promote national values, historical awareness, and civic responsibility among students. Under Patriotic Week 2026, various departments organized programmes on national leaders/days to strengthen patriotic spirit among students.

The Department of History celebrated the 129th Birth Anniversary of Netaji Subhas Chandra Bose on 23 January 2026 by organizing an awareness programme. A documentary on Netaji's life and his contribution to India's freedom struggle was screened, followed by a quiz competition in which 45 students participated enthusiastically. Ms. Jyoti and Ms. Shagun secured first position.

The 16th National Voters' Day was celebrated on 25 January 2026 by the Department of Political Science, Electoral Literacy Club, and NSS Unit in the presence of district administration officials. Shri Gurpreet Singh, Naib Tehsildar, attended as the Chief Guest. Students promoted voter awareness through dance, poetry, speeches, rangoli, slogans, and a voter awareness oath.

On the occasion of the 77th Republic Day, 15 students participated in a district-level cultural programme (Giddha) on 26 January 2026. The performance was appreciated by Deputy Commissioner Mr. Aditya Uppal, IAS. Mrs. Kulwinder Kaur, Incharge of the Giddha team, was honoured for her valuable contribution.

The Department of Sociology organized a programme on 28 January 2026 to commemorate the birth anniversary of Lala Lajpat Rai. A documentary highlighted his role in the freedom struggle, social reforms, and advocacy of women's education.

The Department of Economics organized a documentary screening on 30 January 2026 to observe the death anniversary of Mahatma Gandhi. The programme focused on Gandhiji's economic philosophy, including self-reliance, rural development, trusteeship, Swadeshi, and sustainable development. The event concluded with a tribute and two minutes of silence. The College Principal acknowledged the contribution of Social Sciences faculty for celebrating events on patriotic week.



DISTRICT LEVEL YOUTH AWARENESS COMPETITION



A District Level Competition was organized by the Red Ribbon Club and Health Club in collaboration with the Assistant Director Youth Services, Gurdaspur, on 28 January 2026. The event received valuable support from Mr. Ravi Pal, Assistant Director Youth Services, Gurdaspur, and Mr. Vishal, Accountant, Assistant Director Youth Services, Gurdaspur. The competition featured three major events—Slogan Writing, Poster Making, and Declamation. The primary objective of the programme was to create awareness among youth regarding significant health and social issues while encouraging creativity, critical thinking, and effective communication skills. A total of 77 students from 13 colleges of Gurdaspur district participated enthusiastically. The participants demonstrated exceptional creativity, originality, and confidence, making the event vibrant and impactful. In recognition of their valuable contribution and dedication to youth welfare activities, the Award of Honour was presented to the College Principal, Dr. (Mrs.) Neeru Sharma. Appreciation Awards were presented by the District Youth Services, Gurdaspur, to Mrs. Gurdeep Kaur, Head of the Science Department; Dr. Rupinder Kaur, Assistant Professor of Physics; and Dr. Rajwant Kaur, Assistant Professor of Botany. The winners in all three categories were awarded trophies and certificates for their outstanding performances. Manjot Kaur of the college secured first position in Poster Presentation. Prabhnoor Kaur won second prize in the Declamation Competition, and Gurwinder Kaur secured second prize in Slogan Writing. A rally was also organized at the end of the programme to spread awareness among youth about drug abuse and HIV/AIDS. The event concluded with a vote of thanks by the College Principal & honoring officials of Red Ribbon Youth Services, Gurdaspur.



ACTIVITIES UNDER INSTITUTION'S INNOVATION COUNCIL



The Department of Home Science, in collaboration with Celebration Cell of IIC organized a unique and practical startup activity as part of the National Startup Day celebrations. Home Science students prepared seasonal pickles using fresh, organic and locally sourced ingredients under the supervision of Ms. Jyoti Bhardwaj (HOD, Home Science Department) and Mrs. Samita Khajuria (IIC Coordinator, Celebration Cell). The prepared pickles were packed and sold to the teaching staff, non-teaching staff and students of the college. The event successfully blended academic learning with entrepreneurial practice.

As per Calendar Activity, the theme 'Innovation and Entrepreneurship Outreach Program for School Students'. The primary objective of the program was to foster creativity, innovation, and entrepreneurial thinking at an early stage and to create awareness among school students. Mrs. Jyoti Saini, Cell Coordinator (IPR), and Ms. Punita Sehgal, Coordinator of the Social Media Cell, along with the Convener Dr. Ravneet Kaur, visited the selected schools and conducted an interactive session focusing on the importance of innovation, problem-solving skills, design thinking, and entrepreneurship. Students were introduced to basic entrepreneurial concepts such as idea generation, opportunity identification, risk-taking, and value creation.

The R&D Cell of IIC organized a workshop on 'AI and E-tools for Researchers' featuring Dr. Khushboo, Assistant Professor in Commerce, as the resource person. She discussed the role of AI in research, highlighting tools like Grammarly, Turnitin, and Zotero that aid in writing, plagiarism detection, and citation management. Furthermore she explored e-tools such as Google Scholar, ResearchGate, and Mendeley that facilitate literature review, collaboration and referencing.



ACTIVITIES UNDER INSTITUTION'S INNOVATION COUNCIL



The R&D Cell and Innovation Cell organized a workshop on 'Research Paper Writing and Journal Publication Support'. The workshop witnessed the participation of 49 students, with the objective of enhancing their research writing and journal publication skills. The session was delivered by Ms. Surkhab Shelly, Assistant Professor, Department of Computer Science, who shared valuable insights on research paper structure, selection of appropriate journals, publication ethics, plagiarism awareness, and the overall publication process.

The NSS Unit, IIC Cell and Red Ribbon Club organized a series of activities on the occasion of National Youth Day in memory of Swami Vivekananda. The programme aimed to inculcate nationalism, moral values and social responsibility among students. The event began with floral tributes to Swami Vivekananda, followed by an oath-taking ceremony in which participants pledged honesty, discipline and dedication towards national progress. College Principal acknowledged efforts of team IIC for conducting different events as per IIC calendar.



ROTARACT ACTIVITIES AND ACHIEVEMENTS



The Rotaract Club in collaboration with RID 3070 celebrated the Lohri with great enthusiasm at Elder Retreat Senior Citizen Home, Village Jiwanwal, Gurdaspur and Children's Home, spreading warmth, happiness, and togetherness among the residents. The celebration was led by Rtr. Lavanya Jarewal (President), Rtr. Aastha (Secretary), Rtr. Ruby Bains (Sergeant-at-Arms), Rtr. Harkirat (Vice President), Rtr. Sonalika (Treasurer), along with Rtr. Navdeep, Rtr. Supriya, and Rtr. Saloni, who took charge of the entire event with dedication and enthusiasm. The Rotaractors also distributed goodies as a token of love and care on the occasion of Lohri. Special time was devoted to interacting with the elderly, listening to their experiences, and sharing moments of laughter and warmth.

Members of the Rotaract Club attended the Rotary Youth Leadership Awards (RYLA) 2025–26, held from January 23 to 25, 2026 at LPU, Jalandhar. The programme focused on leadership development, personality enhancement and social responsibility among youth. Four Rotaractors—Lavanya Jarewal (President), Aastha (Secretary), Ruby Bains (Sergeant-at-Arms), and Arshdeep Kaur (Member)—participated in various sessions and activities. Aastha won first prize in poetry, while Lavanya Jarewal, Ruby Bains, and Aastha secured second prize in group dance. Lavanya Jarewal was also crowned Ms. RYLA 2025–26. The Rotaract Club expressed gratitude to the Rotary organizers and acknowledged the continuous support of the college Principal Dr. (Mrs.) Neeru Sharma, In-charges Dr. Khushboo and Mrs. Harsha.



HONOURING THE LEGACY OF SANT BAWA LAL DAYAL JI



The Punjabi and Hindi Departments organized a programme to celebrate the 671st birth anniversary of Sant Bawa Lal Dayal Ji with devotion and reverence. An informative video highlighting his life, spiritual journey, title of Brahm Gyani and social contributions was shown to the students. Dr. Sukhwinder & Mrs. Punita, spoke about his simple life, penance and spiritual teachings, emphasizing values of truth, service & simplicity.

CELEBRATING 649TH BIRTH CENTENARY OF SANT GURU RAVIDAS JI



On the auspicious occasion of the 649th birth anniversary of Sant Guru Ravidas Ji, a function was organized by the Punjabi Department. The Head of the Punjabi Department, Dr. Sukhwinder Kaur, highlighted Guru Ravidas Ji's ideals of equality, unity, and human values, emphasizing their relevance in today's society. Mrs. Kamlesh Kumari, spoke about the spiritual significance of Guru Ravidas Ji's Bani and the importance of inner purity and righteous deeds. Students Jasmine Kaur and Sehajdeep Kaur also participated by sharing their views on the life and philosophy of Guru Ravidas Ji.



LOHRI FESTIVAL CELEBRATIONS



The Central Association and the NSS Unit celebrated Lohri under 'Samvedna' Project. As part of the initiative, essential educational and daily-use stationery items were distributed to underprivileged children of the elementary Education Study Centre located in the slum area of Maan Kaur and run by National Awardee Shri Romesh Mahajan. The project also marked the celebration of Lohri with slum children, promoting social inclusion, cultural bonding, and emotional well-being.

CELEBRATING NATIONAL YOUTH DAY



A Slogan Writing Competition based on the teachings of Swami Vivekananda was organized by the Motivational Corner in collaboration with the Fine Arts Department. The students presented inspiring slogans reflecting the ideals of Swami Vivekananda, which were creatively displayed on the Motivational Corner board.



INSPIRING YOUNG MINDS



52 students along with two teachers from Government Senior Secondary School, Batala, visited the Fashion Designing Department of the college. The objective of this educational visit was to expose the students to professional fashion design practices, help them understand career opportunities in the fashion industry. To familiarize them with various techniques such as sketching, embroidery and fabric selection, the students were shown different laboratories, including the CAD Lab and the Stitching and Tailoring Workshop. Several students expressed their desire to pursue Fashion Designing as a career.

THREADS OF TRADITION: REVIVING THE ART OF HANDLOOM WEAVING



The Fashion Designing Department organized an enriching workshop on Loom Weaving on 31 January 2026 with the objective of creating awareness about traditional textile practices. The highlight of the workshop was a live demonstration by Mr. Jaswinder Pal Singh, a renowned handloom expert. He explained the weaving process step by step on a loom, giving students a clear understanding of how individual threads are skillfully interlaced to create fabric.



WORKSHOP BY COMPUTER SCIENCE



The Department of Computer Science organized an online workshop on 'Agentic AI – When AI Starts Thinking, Planning and Acting'. The session was delivered by Ms. Himani, Senior Software Developer, CDAC Mohali, who explained the concept, applications, and future scope of Agentic AI, highlighting how AI systems can think, plan, and act autonomously. The workshop also covered practical examples of Agentic AI in various domains such as healthcare, finance, and automation. Students gained insights into the underlying technologies, including machine learning and decision-making models, and learned about the ethical considerations and challenges associated with autonomous AI systems. The session was highly interactive and informative, enhancing the participants' understanding of next-generation AI technologies.



SPORTS ACHIEVEMENTS



***Silver Glory on the Court: College Handball Team Shines at GNDU**

The college Handball team brought laurels to the institution by securing second position in the Inter-College Handball Championship held at GNDU, Amritsar from 31 January to 2 February. The team displayed remarkable enthusiasm, discipline, and coordination throughout the tournament. Led confidently by Arshdeep Kaur (Captain) and Kangan (Vice-Captain), the players performed with determination and sportsmanship. The team was meticulously trained and guided by Ms. Gagandeep Kaur, HOD, who also served as the team coach and played a pivotal role in shaping their success.

***Punching to Victory: College Boxers Shine at Inter-College Championship**

The students of the college brought great pride to the institution with their impressive performance in the Inter-College Boxing Championship held at Khalsa College, Amritsar on 29 January 2026, in which 8–10 colleges participated. Showcasing exceptional skill and determination, Arshdeep Kaur clinched the Gold Medal in the 60–65 kg weight category, while Japanpreet Kaur earned the Bronze Medal in the 54–57 kg category. Their achievements stand as a true reflection of their dedication, discipline, and sporting excellence. College Principal congratulated coaches and students for this glorious win.



CYBER AWARENESS: A DIGITAL RESPONSIBILITY FOR EVERY CITIZEN

Introduction

The 21st century is defined by digital connectivity. From online banking and e-commerce to e-governance, digital classrooms, telemedicine, and cloud computing, technology has become inseparable from daily life. While digital transformation has improved efficiency, transparency, and accessibility, it has also introduced significant cybersecurity challenges. Cyber awareness—the understanding of online risks and responsible digital behavior—has therefore emerged as a critical life skill.

India's rapid digital expansion under initiatives such as Digital India has dramatically increased internet usage across urban and rural regions. With millions of new users accessing smartphones and broadband services every year, the need for cybersecurity literacy has become more urgent than ever. A digitally empowered society must also be a cyber-aware society.

Understanding Cyber Threats

Cyber threats refer to malicious activities that target computers, networks, or digital information. These threats can be individual, organizational, or even national in scale.

1. Phishing and Social Engineering

Phishing remains one of the most common cybercrimes globally. Attackers impersonate trusted institutions—such as banks, government agencies, or popular e-commerce platforms—to steal confidential information. These attempts may appear as legitimate emails, SMS messages, or phone calls asking users to verify account details or reset passwords.

2. Malware and Ransomware

Malware is malicious software designed to damage systems or steal data. Ransomware, a type of malware, encrypts a victim's data and demands payment for its release. Hospitals, universities, and government institutions worldwide have suffered major ransomware attacks in recent years.

3. Identity Theft and Financial Fraud

With increased digital transactions, cybercriminals exploit vulnerabilities in payment systems. Fraudulent UPI requests, fake loan apps, and unauthorized online transactions have become common concerns in India.

4. Cyberbullying and Online Harassment

Young users are particularly vulnerable to cyberbullying, stalking, and online abuse. Such incidents can lead to psychological distress, anxiety, and social isolation. Digital safety education must therefore include ethical and responsible online behavior.

Cyber Awareness in the Indian Context

India is one of the fastest-growing digital economies in the world. Government initiatives, online public services, and digital payment systems have strengthened governance and economic participation. However, increasing connectivity also increases exposure to cyber risks.

The Indian Computer Emergency Response Team (CERT-In) regularly issues advisories to safeguard citizens and organizations from emerging cyber threats. It plays a central role in monitoring cybersecurity incidents and coordinating responses.

Additionally, India's legal framework under the Information Technology Act 2000 provides provisions to address cybercrimes, data breaches, and digital

fraud. Recent amendments and digital data protection initiatives further emphasize privacy and accountability in cyberspace.

Despite these measures, cybersecurity remains a shared responsibility. Technological infrastructure alone cannot prevent cybercrime unless citizens practice cyber hygiene.

The Importance of Cyber Hygiene

Cyber hygiene refers to routine practices that ensure digital safety. Just as personal hygiene prevents illness, cyber hygiene prevents digital harm. Some essential cyber safety practices are:

- **Strong Passwords:** Use complex passwords with a combination of letters, numbers, and symbols. Avoid reusing passwords across platforms.
- **Two-Factor Authentication (2FA):** Adds an extra layer of security beyond passwords.
- **Regular Software Updates:** Security patches protect systems from known vulnerabilities.
- **Secure Wi-Fi Networks:** Avoid using public Wi-Fi for financial transactions.
- **Data Backup:** Regular backups protect against ransomware attacks.
- **Privacy Settings:** Limit personal information shared on social media.

Educational institutions must integrate cybersecurity awareness programs into their curriculum. Schools and universities should organize workshops, awareness drives, and simulated phishing exercises to develop practical understanding among students.

Cybersecurity and National Security

Cyber threats are not limited to individuals. They also target critical infrastructure such as power grids, banking systems, healthcare networks, and defense communication systems. Cyber warfare and state-sponsored attacks pose serious risks to national security. Global organizations such as Interpol

collaborate across borders to combat cybercrime. Cybersecurity is now considered a strategic domain alongside land, air, sea, and space. India has also strengthened its cybersecurity framework through national policies and digital defense mechanisms. Protecting sensitive data and critical infrastructure is vital for economic stability and sovereignty.

Role of Artificial Intelligence in Cybersecurity

Artificial Intelligence (AI) and Machine Learning (ML) are increasingly used to detect anomalies, predict cyber threats, and automate responses. AI-powered intrusion detection systems analyze large volumes of network traffic in real time to identify suspicious patterns. However, cybercriminals also use AI to develop sophisticated attacks such as deepfake fraud, automated phishing, and adaptive malware. Therefore, cybersecurity strategies must continuously evolve to address emerging technological threats.

For researchers and scholars, especially those working in machine learning and environmental informatics, cybersecurity intersects with data privacy, IoT security, and secure cloud-based data management—particularly in large-scale data-driven systems.

Building a Culture of Cyber Awareness

Cyber awareness is not just technical knowledge; it is a mindset. A culture of cyber awareness requires:

- Digital literacy programs at all educational levels
- Workplace cybersecurity training
- Public awareness campaigns
- Parental guidance for safe internet usage
- Responsible social media engagement

Citizens must learn to verify information before sharing it to prevent misinformation and digital manipulation. Critical thinking is an essential component of cyber awareness.

Conclusion

As society becomes increasingly dependent on digital systems, cyber awareness emerges as the first line of defense against online threats. Governments can implement policies, organizations can deploy firewalls, and experts can design secure system but the ultimate strength of cybersecurity lies in informed citizens.

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SANDEEP KAUR GORAYA
ASST. PROF.
DEPARTMENT OF COMPUTER SCIENCE

ਸ੍ਰੀ ਗੁਰੂ ਅਮਰਦਾਸ ਜੀ ਦਾ ਮੁੱਢਲਾ ਜੀਵਨ , ਬਾਣੀ ਅਤੇ ਸਮਾਜ ਸੁਧਾਰ

ਸ੍ਰੀ ਗੁਰੂ ਅਮਰਦਾਸ ਜੀ ਸਿੱਖਾਂ ਦੇ ਤੀਜੇ ਗੁਰੂ ਹੋਏ ਹਨ। ਸ੍ਰੀ ਗੁਰੂ ਅੰਗਦ ਦੇਵ ਜੀ ਦੀ ਤਰ੍ਹਾਂ ਇਨ੍ਹਾਂ ਆਪਣੇ ਗੁਰੂ-ਕਾਲ ਵਿੱਚ ਸਿੱਖ ਧਰਮ ਦੀ ਹੋਂਦ ਨੂੰ ਠੋਸ ਰੂਪ ਪ੍ਰਦਾਨ ਕੀਤਾ। ਜਿਹੜਾ ਸਿੱਖੀ ਦਾ ਬੂਟਾ ਆਦਿ ਗੁਰੂ, ਸ੍ਰੀ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਨੇ ਲਗਾਇਆ ਅਤੇ ਜਿਸ ਨੂੰ ਸ੍ਰੀ ਗੁਰੂ ਅੰਗਦ ਦੇਵ ਜੀ ਨੇ ਪ੍ਰਫੁੱਲਤ ਕੀਤਾ, ਸ੍ਰੀ ਗੁਰੂ ਅਮਰਦਾਸ ਜੀ ਨੇ ਉਸਦੀ ਹਿਫ਼ਾਜ਼ਤ ਲਈ ਚਾਰੇ ਪਾਸੇ ਅਜਿਹੀ ਵਾੜ ਲਗਾਈ ਕਿ ਉਸ ਬੂਟੇ ਨੂੰ ਹਿੰਦੂ ਧਰਮ ਦੇ ਰੂੜੀਵਾਦੀ ਰੀਤੀ-ਰਿਵਾਜ਼ਾਂ ਤੋਂ ਬਚਾਈ ਰਖਿਆ। ਉਨ੍ਹਾਂ ਨੇ ਸਿੱਖ ਧਰਮ ਪ੍ਰਤੀ ਉਤਸ਼ਾਹ, ਅਣਥਕ ਮਿਹਨਤ ਅਤੇ ਮਿੱਠੇ ਸੁਭਾਅ ਕਾਰਨ ਪੰਜਾਬ ਦੇ ਲੋਕਾਂ ਦਾ ਮਨ ਮੋਹ ਲਿਆ।

ਗੁਰੂ ਅਮਰਦਾਸ ਜੀ ਦਾ ਜਨਮ 5 ਮਈ, 1479 ਨੂੰ ਪਿੰਡ ਬਾਸਰਕੇ (ਅੰਮ੍ਰਿਤਸਰ) ਵਿੱਚ ਸ੍ਰੀ ਤੇਜਭਾਨ ਅਤੇ ਮਾਤਾ ਸੁਲੱਖਣੀ ਜੀ ਦੇ ਗ੍ਰਹਿ ਵਿਖੇ ਹੋਇਆ। ਆਪ ਵੈਸ਼ਨੋ ਦੇਵੀ ਦੇ ਉਪਾਸਕ ਸਨ ਅਤੇ ਹਰ ਵਰ੍ਹੇ ਗੰਗਾ ਇਸ਼ਨਾਨ ਲਈ ਜਾਇਆ ਕਰਦੇ ਸਨ। 24 ਵਰ੍ਹੇ ਦੀ ਉਮਰ ਵਿੱਚ ਆਪ ਦੀ ਸ਼ਾਦੀ ਮਨਸਾ ਦੇਵੀ ਜੀ ਨਾਲ ਹੋ ਗਈ। ਆਪ ਦੇ ਦੋ ਪੁੱਤਰ ਬਾਬਾ ਮੋਹਨ ਜੀ, ਬਾਬਾ ਮੋਹਰੀ ਜੀ ਅਤੇ ਦੋ ਧੀਆਂ ਬੀਬੀ ਦਾਨੀ ਜੀ ਅਤੇ ਬੀਬੀ ਭਾਨੀ ਜੀ ਪੈਦਾ ਹੋਈਆਂ ਸਨ। ਗੁਰੂ ਅਮਰਦਾਸ ਜੀ ਸਾਧੂ ਸੰਤਾਂ ਦੀ ਸੰਗਤ ਵਿੱਚ ਸਮਾਂ ਬਿਤਾ ਕੇ ਬਹੁਤ ਪ੍ਰਸੰਨ ਹੁੰਦੇ ਸਨ। ਇੱਕ ਵਾਰ ਜਦੋਂ ਗੰਗਾ ਦਰਸ਼ਨਾਂ ਤੋਂ ਵਾਪਸ ਆ ਰਹੇ ਸਨ ਤਾਂ ਆਪ ਦੀ ਮੁਲਾਕਾਤ ਇੱਕ ਸੰਨਿਆਸੀ ਨਾਲ ਹੋਈ ਅਤੇ ਦੋਹਾਂ ਨੇ ਇਕੱਠਿਆਂ ਭੋਜਨ ਤਿਆਰ ਕੀਤਾ ਤੇ ਸ਼ੱਕ ਲਿਆ। ਭੋਜਨ ਉਪਰੰਤ ਉਸ ਸੰਨਿਆਸੀ ਨੇ ਪੁੱਛਿਆ ਕਿ ਤੁਹਾਡਾ ਗੁਰੂ ਕੌਣ ਹੈ। ਅਮਰਦਾਸ ਜੀ ਨੇ ਕਿਹਾ ਕਿ ਮੈਂ ਤਾਂ ਅਜੇ ਤੱਕ ਕੋਈ ਗੁਰੂ ਧਾਰਨ ਨਹੀਂ ਕੀਤਾ। ਇਹ ਸੁਣ ਕੇ ਉਹ ਸੰਨਿਆਸੀ ਬਹੁਤ ਦੁਖੀ ਹੋਇਆ ਕਿ ਮੈਂ ਇੱਕ ਨਿਗੁਰੇ ਦੇ ਹੱਥਾਂ ਦਾ ਬਣਿਆ ਖਾਣਾ ਖਾ ਕੇ ਆਪਣੇ ਆਪ ਨੂੰ ਅਪਵਿੱਤਰ ਕਰ ਲਿਆ ਹੈ। ਉਸ ਸੰਨਿਆਸੀ ਦੇ ਇਹ ਬਚਨ ਸੁਣ ਕੇ ਅਮਰਦਾਸ ਜੀ ਦੇ ਮਨ ਵਿੱਚ ਗੁਰੂ ਧਾਰਨ ਦੀ ਤੀਬਰ ਇੱਛਾ ਪੈਦਾ ਹੋ ਗਈ। ਆਪ ਦੀ ਇਹ ਇੱਛਾ ਛੇਤੀ ਹੀ ਸੰਪੂਰਨ ਹੋ ਗਈ।

ਗੁਰੂ ਧਾਰਨ ਕਰਨਾ:- ਗੁਰੂ ਅੰਗਦ ਦੇਵ ਜੀ ਦੀ ਬੇਟੀ ਬੀਬੀ ਅਮਰੇ, ਅਮਰਦਾਸ ਜੀ ਦੇ ਭਤੀਜੇ ਨਾਲ ਵਿਆਹੀ ਹੋਈ ਸੀ ਉਹਨਾਂ ਦਾ ਘਰ, ਅਮਰ ਦਾਸ ਜੀ ਦੇ ਘਰ ਦੇ ਨੇੜੇ ਸੀ। ਇੱਕ ਦਿਨ ਬੀਬੀ ਅਮਰੇ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੇ ਸ਼ਬਦ ਦਾ ਗਾਇਨ ਕਰ ਰਹੀ ਸੀ:

ਕਰਣੀ ਕਾਗਦੁ ਮਨੁ ਮਸਵਾਣੀ ਬੁਰਾ ਭਲਾ ਦੇਇ ਲੇਖ ਪਏ ।।

ਜਿਉ ਜਿਉ ਕਿਰਤੁ ਚਲਾਏ ਤਿਉ ਚਲੀਐ ਤਿਉ ਗੁਣ ਨਾਹੀ ਅੰਤੁ ਹਰੇ॥੧॥

ਇਹ ਸ਼ਬਦ ਸੁਣ ਕੇ ਅਮਰਦਾਸ ਜੀ ਦੇ ਤਪਤ ਹਿਰਦੇ ਨੂੰ ਠੰਡ ਪੈ ਗਈ ਅਤੇ ਆਪ ਬੀਬੀ ਜੀ ਨੂੰ ਨਾਲ ਲੈ ਕੇ ਗੁਰੂ ਅੰਗਦ ਦੇਵ ਜੀ ਦੀ ਸੇਵਾ ਵਿੱਚ ਪਹੁੰਚ ਗਏ। ਆਪ ਗੁਰੂ ਜੀ ਦੇ ਇਸ਼ਨਾਨ ਵਾਸਤੇ ਹਰ ਰੋਜ਼ ਅੰਮ੍ਰਿਤ ਵੇਲੇ ਦਰਿਆ ਬਿਆਸ ਤੋਂ ਪਾਣੀ ਦੀ ਗਾਗਰ ਲੈ ਕੇ ਆਇਆ ਕਰਦੇ ਸਨ। ਇੱਕ ਦਿਨ ਹਨੇਰੀ ਰਾਤ ਆਪ ਇਕ ਜੁਲਾਹੇ ਦੀ ਖੱਡੀ ਦੇ ਟੋਏ ਵਿੱਚ ਡਿੱਗ ਪਏ ਪਰ ਆਪ ਨੇ ਪਾਣੀ ਨਾ ਡੁੱਲ੍ਹਣ ਦਿੱਤਾ। ਇਸ ਸਮੇਂ ਅਮਰਦਾਸ ਜੀ ਦੀ ਉਮਰ ਲਗਭਗ 72 ਬਰ੍ਹੇ ਦੀ ਸੀ। ਆਪ ਦੀ ਅਜਿਹੀ ਸੇਵਾ ਭਾਵਨਾ ਅਤੇ ਇਸ ਦ੍ਰਿੜਤਾ ਨੂੰ ਵੇਖ ਕੇ ਗੁਰੂ ਅੰਗਦ ਦੇਵ ਜੀ ਨੇ 1552 ਈਸਵੀ ਵਿੱਚ ਆਪ ਨੂੰ ਗੁਰੂ ਗੱਦੀ ਸੌਂਪ ਦਿੱਤੀ।

ਗੁਰੂਗੱਦੀ ਦੀ ਪ੍ਰਾਪਤੀ ਤੋਂ ਬਾਅਦ ਗੁਰੂ ਅੰਗਦ ਦੇਵ ਜੀ ਦੇ ਹੁਕਮ ਅਨੁਸਾਰ ਆਪ ਗੋਇੰਦਵਾਲ ਚਲੇ ਗਏ। ਇਸ ਨਗਰ ਦੀ ਸਥਾਪਨਾ ਵੀ ਉਹਨਾਂ ਨੇ ਆਪ ਹੀ ਕੀਤੀ ਸੀ। ਇੱਥੇ ਪਹੁੰਚ ਕੇ ਆਪ ਨੇ ਸੰਗਤਾਂ ਦੀਆਂ ਜਰੂਰਤਾਂ ਵਾਸਤੇ ਇੱਕ ਬਾਉਲੀ ਦਾ ਨਿਰਮਾਣ ਕੀਤਾ। ਇਸ ਉਪਰੰਤ ਗੁਰੂ ਸਿੱਖੀ ਦੇ ਪ੍ਰਚਾਰ ਲਈ ਆਪ ਨੇ 22 ਕੇਂਦਰਾਂ (ਮੰਜੀਆਂ) ਦੀ ਸਥਾਪਨਾ ਕੀਤੀ। ਸਿੱਖ ਇਤਿਹਾਸਕਾਰਾਂ ਅਨੁਸਾਰ ਗੁਰੂ ਅਮਰਦਾਸ ਜੀ ਦੀ ਸੇਭਾ ਸੁਣ ਕੇ ਅਕਬਰ ਬਾਦਸ਼ਾਹ ਖੁਦ ਗੋਇੰਦਵਾਲ ਪਹੁੰਚਿਆ। ਇਹ ਵੀ ਰਵਾਇਤ ਹੈ ਕਿ ਅਕਬਰ ਨੇ ਲੰਗਰ ਵਾਸਤੇ ਇੱਕ ਜਾਗੀਰ ਦੀ ਪੇਸ਼ਕਸ਼ ਵੀ ਕੀਤੀ। ਗੁਰੂ ਸਾਹਿਬ ਦੇ ਇਨਕਾਰ ਕਰਨ ਤੇ ਇਹ ਜਾਗੀਰ ਬੀਬੀ ਭਾਨੀ ਜੀ ਦੇ ਨਾਮ ਲਾ ਦਿੱਤੀ ਗਈ। ਆਪ ਜੀ ਦੁਆਰਾ ਰਚਿਤ ਬਾਣੀਆਂ ਦਾ ਵੇਰਵਾ ਇਸ ਪ੍ਰਕਾਰ ਹੈ:-

01.ਪੱਟੀ : ਗੁਰੂ ਅਮਰਦਾਸ ਜੀ ਨੇ 18 ਪਦਿਆਂ ਵਿੱਚ ਇੱਕ 'ਪੱਟੀ' ਬਾਣੀ ਦੀ ਸਿਰਜਣਾ ਵੀ ਕੀਤੀ ਹੈ ਜੋ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੀ 'ਪੱਟੀ' ਤੋਂ ਬਾਅਦ ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਵਿੱਚ ਦਰਜ ਹੈ। ਗੁਰੂ ਜੀ

ਫਰਮਾਉਂਦੇ ਹਨ ਕਿ ਅਸਲ ਵਿੱਚ ਉਸੇ ਵਿਅਕਤੀ ਨੂੰ ਸਾਖਰ ਸਮਝੋ ਜੋ ਪ੍ਰਭੂ ਦੀ ਦਰਗਾਹ ਵਿੱਚ ਦੇਣ ਵਾਲੇ ਲੇਖੇ ਬਾਰੇ ਚੰਗੀ ਤਰ੍ਹਾਂ ਤਤਪਰ ਰਹਿੰਦਾ ਹੈ। ਬਾਕੀ ਲੋਕਾਂ ਨੂੰ ਤਾਂ ਨਿਰਾਖਰ ਹੀ ਸਮਝੋ। ਇਸੇ ਭਾਵਨਾ ਦਾ ਪ੍ਰਗਟਾਵਾ ਕਰਦੇ ਹੋਏ ਗੁਰੂ ਅਮਰਦਾਸ ਜੀ ਆਪਣੀ ਬਾਣੀ 'ਪੱਟੀ' ਦੇ ਆਰੰਭ ਵਿੱਚ ਲਿਖਦੇ ਹਨ:

ਮਨ ਐਸਾ ਲੇਖਾ ਤੂੰ ਕੀ ਪੜਿਆ॥

ਲੇਖਾ ਦੇਣਾ ਤੇਰੈ ਸਿਰਿ ਰਹਿਆ॥੧॥

ਗੁਰੂ ਅਮਰਦਾਸ ਜੀ ਦੁਆਰਾ ਰਚਿਤ ਬਾਣੀ ਦਾ ਵੇਰਵਾ ਇਸ ਪ੍ਰਕਾਰ ਹੈ: ਸਿਰੀ ਰਾਗ, ਮਾਝ, ਗਉੜੀ, ਆਸਾ, ਗੁਜਰੀ, ਬਿਹਾਗੜਾ, ਵਡਹੰਸ, ਸੋਰਠਿ, ਧਨਾਸਰੀ, ਸੂਹੀ, ਬਿਲਾਵਲੁ, ਰਾਮਕਲੀ, ਮਾਰੂ, ਭੈਰਉ, ਬਸੰਤ, ਸਾਰੰਗ, ਮਲਾਰ, ਪ੍ਰਭਾਤੀ, ਸਲੋਕ ਵਾਰਾਂ ਤੋਂ ਵਧੀਕ ।

ਗੁਰੂ ਅਮਰਦਾਸ ਜੀ ਰਚਿਤ ਸਮੁੱਚੀ ਬਾਣੀ ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਵਿੱਚ ਸੰਕਲਿਤ ਹੈ ਤੇ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਤੋਂ ਬਾਹਰ ਆਪ ਦੀ ਕੋਈ ਹੋਰ ਬਾਣੀ ਨਹੀਂ ਮਿਲਦੀ। ਗੁਰੂ ਅਮਰਦਾਸ ਜੀ ਨੇ ਕੁਲ 18 ਰਾਗਾਂ ਵਿੱਚ ਆਪਣੇ ਬਾਣੀ ਦੀ ਰਚਨਾ ਕੀਤੀ ਹੈ ਆਪ ਨੂੰ ਰਾਗਾਂ ਦੀ ਪ੍ਰਕ੍ਰਿਤੀ ਅਤੇ ਪ੍ਰਭਾਵ ਬਾਰੇ ਬੜੀ ਗਹਿਰ ਗੰਭੀਰ ਜਾਣਕਾਰੀ ਸੀ। ਇਹ ਕਾਰਨ ਹੈ ਕਿ ਆਪ ਸਮੇਂ ਸਮੇਂ ਹਰ ਰਾਗ ਦੇ ਸੁਭਾਓ ਬਾਰੇ ਟਿੱਪਣੀ ਕਰਦੇ ਰਹਿੰਦੇ ਹਨ। ਇਸ ਪ੍ਰਸੰਗ ਵਿੱਚ ਕੁਝ ਪ੍ਰਮਾਣ ਦੇਖੇ ਜਾ ਸਕਦੇ ਹਨ:

ਸਿਰੀ ਰਾਗੁ ਰਾਗਾਂ ਵਿੱਚ ਸਿਰੀ ਰਾਗ ਹੈ ਜੇ ਸਚੇ ਧਰੇ ਪਿਆਰੁ॥

ਸਦਾ ਹਰਿ ਸਚ ਮਨਿ ਵਸੈ ਨਿਹਚਲ ਮਤਿ ਅਪਾਰੁ॥(ਪੰਨਾ ਨੰਬਰ 83)

ਗੁਰੂ ਅਮਰਦਾਸ ਜੀ ਨੇ ਤਿਪਦੇ, ਚਉਪਦੇ, ਪੰਚਪਦੇ, ਛੇਪਦੇ, ਅਸ਼ਟਪਦੀਆਂ ਆਦਿਕ ਕਾਵਿ ਰੂਪਾਂ ਤੋਂ ਬਿਨਾਂ ਕਿਸੇ ਇੱਕ ਵਿਸ਼ੇ ਉੱਪਰ ਅਧਾਰਿਤ ਲੰਬੀਆਂ ਬ੍ਰਿਤਾਂਤਿਕ ਬਾਣੀਆਂ ਦੀ ਰਚਨਾ ਵੀ ਕੀਤੀ ਹੈ ਆਪ ਦੀਆਂ ਕੁਝ ਪ੍ਰਮੁੱਖ ਬਾਣੀਆਂ ਇਸ ਪ੍ਰਕਾਰ ਹਨ:

02. ਆਨੰਦੁ: 'ਮਹਿਮਾ ਪ੍ਰਕਾਸ਼' ਅਤੇ 'ਗੁਰ ਪ੍ਰਤਾਪ ਸੂਰਜ ਗ੍ਰੰਥ' ਗੁਰੂ ਅਮਰਦਾਸ ਜੀ ਨੇ ਅਨੰਦੁ ਸਾਹਿਬ ਦੀ ਰਚਨਾ ਆਪਣੇ ਪੋਤਰੇ ਬਾਬਾ ਅਨੰਦੁ (ਸਪੁੱਤਰ ਬਾਬਾ ਮੋਹਰੀ) ਦੇ ਜਨਮ ਦੀ ਖੁਸ਼ੀ ਵਿੱਚ ਕੀਤੀ। ਇਹ ਬਾਣੀ ਸਿੱਖ ਸਦਾਚਾਰ ਅਤੇ ਧਾਰਮਿਕ ਮਰਯਾਦਾ ਦਾ ਇੱਕ ਅਨਿੱਖੜ ਅੰਗ ਬਣ ਚੁੱਕੀ

ਹੈ। ਖੁਸ਼ੀ-ਗ਼ਮੀ ਦੇ ਹਰ ਸੰਸਕਾਰ ਦੇ ਅਵਸਰ ਤੇ ਇਸ ਬਾਣੀ ਦਾ ਗਾਇਨ ਕੀਤਾ ਜਾਂਦਾ ਹੈ। ਇਹ ਬਾਣੀ ਆਨੰਦ ਦੇ ਭਾਵਾਂ ਦਾ ਨਿਰੂਪਣ ਕਰਦੀ ਹੈ। ਇਸ ਵਿੱਚ ਸਤਿਗੁਰ ਦੀ ਪ੍ਰਾਪਤੀ ਕਾਰਨ ਜੀਵ ਦੇ ਮਨ ਵਿੱਚ ਪੈਦਾ ਹੋਏ ਅਨੰਦ ਦੇ ਇਤਿਹਾਸ ਦਾ ਵਰਣਨ ਕੀਤਾ ਗਿਆ ਹੈ। ਗੁਰੂ ਜੀ ਪਰਮਾਤਮਾ ਸਬੰਧੀ ਆਪਣੇ ਵਿਚਾਰਾਂ ਦਾ ਵਰਣਨ ਇਸ ਪ੍ਰਕਾਰ ਕਰਦੇ ਹਨ:

ਸਾਚੀ ਲਿਵੈ ਬਿਨੁ ਦੇਹੀ ਨਿਮਾਣੀ॥

ਦੇਹ ਨਿਮਾਣੀ ਲਿਵੈ ਬਾਝਹੁ ਕਿਆ ਕਰੇ ਵੇਚਾਰੀਆ॥

3. ਵਾਰ ਕਵਿ: ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਵਿੱਚ ਗੁਰੂ ਅਮਰਦਾਸ ਜੀ ਹਿਰਦੇ ਦੀਆਂ ਚਾਰ ਵਾਰਾਂ ਸੰਕਲਿਤ ਹਨ: ਗੂਜਰੀ ਕੀ ਵਾਰ, ਸੂਹੀ ਕੀ ਵਾਰ, ਰਾਮਕਲੀ ਕੀ ਵਾਰ ਅਤੇ ਮਾਰੂ ਕੀ ਵਾਰ। ਗੂਜਰੀ ਕੀ ਵਾਰ ਨੂੰ ਸਿਕੰਦਰ ਇਬਰਾਹੀਮ ਕੀ ਵਾਰ ਦੀ ਧੁਨੀ ਅਨੁਸਾਰ ਗਾਉਣ ਦਾ ਆਦੇਸ਼ ਅੰਕਿਤ ਹੈ। ਗੁਰੂ ਅਮਰਦਾਸ ਜੀ ਨੇ ਇਸ ਵਾਰ ਦੇ ਮੁੱਢਲੇ ਸਲੋਕ ਵਿੱਚ, ਇਸ ਵਾਰ ਦੇ ਵਿਸ਼ੇ ਸਪੱਸ਼ਟ ਕਰਦਿਆਂ ਹੋਇਆ ਫੁਰਮਾਇਆ ਹੈ ਕਿ ਇਹ ਜਗਤ ਮੋਹ ਦੇ ਬੰਧਨ ਵਿੱਚ ਫਸ ਕੇ ਮਰ ਜਾਂਦਾ ਹੈ। ਆਮ ਲੋਕਾਂ ਨੂੰ ਜੀਵਨ ਜਿਉਣ ਦੀ ਵਿਧੀ ਹੀ ਮਾਲੂਮ ਨਹੀਂ ਹੈ। ਜਿਹੜੇ ਗੁਰਮੁਖ ਲੋਕ ਗੁਰੂ ਦੇ ਭਾਣੇ ਵਿੱਚ ਚਲਦੇ ਹਨ ਉਹਨਾਂ ਦਾ ਜੀਵਨ ਸਫਲ ਹੋ ਜਾਂਦਾ ਹੈ। ਪ੍ਰਭੂ ਦੇ ਚਰਨਾਂ ਨਾਲ ਚਿੱਤ ਜੋੜਨ ਵਾਲੇ ਭਗਤ ਸਦਾ ਜਿਉਂਦੇ ਰਹਿੰਦੇ ਹਨ। ਉਹ ਜਨਮ ਮਰਨ ਤੇ ਬੰਧਨਾਂ ਤੋਂ ਮੁਕਤ ਹੋ ਜਾਂਦੇ ਹਨ:

ਇਹ ਜਗਤ ਮਮਤਾ ਮੁਆ ਜੀਵਣ ਕੀ ਬਿਧੀ ਨਾਹਿ ॥

ਗੁਰ ਕੈ ਭਾਣੇ ਜੋ ਚਲੈਪ ਜੀਵਨ ਪਦਵੀ ਪਾਹਿ॥

ਓਇ ਸਦਾ ਸਦਾ ਜਨ ਜੀਵਤੇ ਜੋ ਹਰਿ ਚਰਣੀ ਚਿਤ ਲਾਹਿ॥

ਨਾਨਕ ਨਦਰੀ ਮਨਿ ਵਸੈ ਗੁਰਮੁਖਿ ਸਹਜਿ ਸਮਾਹਿ॥੦੪॥ ਅਲਾਹਣੀਆਂ: ਰਾਗੁ ਵਡਹੰਸੁ ਵਿੱਚ ਲਿਖੀਆਂ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੀਆਂ ਅਲਾਹਣੀਆਂ ਵਾਂਗ ਗੁਰੂ ਅਮਰਦਾਸ ਜੀ ਨੇ ਵੀ ਇਸੇ ਰਾਗ ਵਿੱਚ ਅਲਾਹਣੀਆਂ ਦੀ ਰਚਨਾ ਕੀਤੀ ਹੈ। ਗੁਰੂ ਸਾਹਿਬ ਫੁਰਮਾਉਂਦੇ ਹਨ ਕਿ ਜਿਹੜੀਆਂ ਜੀਵ ਰੂਪ

ਇਸਤਰੀਆਂ ਆਪਣੇ ਪਤੀ ਪਰਮਾਤਮਾ ਦੀ ਯਾਦ ਵਿੱਚ ਜੁੜੀਆਂ ਰਹਿੰਦੀਆਂ ਹਨ, ਉਹਨਾਂ ਨੂੰ ਕਦੇ ਸੋਗ ਵਿੱਚੋਂ ਦੀ ਗੁਜਰਨਾ ਨਹੀਂ ਪੈਂਦਾ ਉਹ ਸਦਾ ਸੁਹਾਗਣ ਰਹਿੰਦੀਆਂ ਹਨ:

ਪ੍ਰਭੁ ਸਚੜਾ ਹਰਿ ਸਲਾਹੀਐ ਕਾਰਜੁ ਸਭੁ ਕਿਛੁ ਕਰਣੈ ਜੋਗੁ॥

ਸਾਧਨ ਰੰਡ ਨ ਕਬਹੂ ਬੈਸਈ ਨ ਕਦੇ ਹੋਵੈ ਸੋਗੁ॥

05.ਸਲੋਕ ਵਾਰਾਂ ਤੇ ਵਧੀਕ: 'ਸਲੋਕ ਵਾਰਾਂ ਤੇ ਵਧੀਕ' ਵਿੱਚ ਗੁਰੂ ਅਮਰਦਾਸ ਜੀ ਨੇ 67 ਸਲੋਕ ਸੰਕਲਿਤ ਹਨ ਇਹਨਾਂ ਸਲੋਕਾਂ ਵਿੱਚ ਗੁਰੂ ਸਾਹਿਬ ਨੇ ਗੁਰਮਤਿ ਰਹਿਣੀ- ਬਹਿਣੀ ਦੇ ਸੰਖੇਪ ਸੂਤਰ ਬਿਆਨ ਕੀਤੇ ਹਨ। ਇਹਨਾਂ ਵਿੱਚੋਂ ਕੁਝ ਸਲੋਕ ਦੋ- ਦੋ ਚਰਨਾਂ ਦੇ ਹਨ। ਇਹਨਾਂ ਵਿੱਚ ਦੋਹਿਰਾ ਛੰਦ ਦੇ ਮਾਤਰਿਕ ਤੋਲ ਨੂੰ ਨਿਭਾਇਆ ਗਿਆ ਹੈ ਪ੍ਰੰਤੂ ਕੁਝ ਇੱਕ ਅਪਵਾਦ ਵੀ ਹਨ। ਉਹਨਾਂ ਵਿੱਚ ਚਰਨਾਂ ਦੀ ਗਿਣਤੀ ਵੱਧ ਗਈ ਹੈ, ਤੋਲ ਤੁਕਾਂਤ ਵੀ ਕੁਝ ਬਦਲ ਗਿਆ ਹੈ ਗੁਰਮਤਿ ਮਰਿਆਦਾ ਨੂੰ ਸਮਝਣ ਦੇ ਪ੍ਰਸੰਗ ਵਿੱਚ ਇਹਨਾਂ ਸਲੋਕਾਂ ਦਾ ਮਹੱਤਵ ਬਹੁਤ ਜ਼ਿਆਦਾ ਹੈ:

ਸਤਿਗੁਰੂ ਨ ਸੇਵਿਓ ਸਬਦੁ ਨ ਰਖਿਓ ਉਰ ਧਾਰਿ ॥

ਧ੍ਰਿਗ ਤਿਨਾ ਕਾ ਜੀਵਿਆ ਕਿਤੁ ਆਏ ਸੰਸਾਰਿ ॥

ਜੇਬਨੁ ਜਾਂਦਾ ਨਦਰਿ ਨ ਆਵਈ ਜਰੁ ਪਹੁਚੈ ਮਰਿ ਜਾਈ॥

ਪੁਤੁ ਕਲਤੁ ਮੇਹੁ ਹੇਤੂ ਹੈ ਅੰਤਿ ਬੇਲੀ ਕੇ ਨਾ ਸਖਾਈ॥

ਸਾਂਰਸ ਵਿੱਚ ਅਸੀਂ ਕਹਿ ਸਕਦੇ ਹਾਂ ਕਿ ਸ੍ਰੀ ਗੁਰੂ ਅਮਰਦਾਸ ਜੀ ਦੀ ਬਾਣੀ ਦੀ ਭਾਸ਼ਾ ਬਿਲਕੁਲ ਸਧਾਰਨ ਹੈ। ਜਿਸ ਕਰਕੇ ਹਰ ਵਿਅਕਤੀ ਅਸਾਨੀ ਨਾਲ ਬਾਣੀ ਦੇ ਭਾਵ-ਅਰਥ ਸਮਝ ਸਕਦਾ ਹੈ। ਮਨ ਦੀ ਭਟਕਣਾ ਰੁਕਦੀ ਨਹੀਂ। ਇਹ ਚੰਚਲ ਹੈ। ਪ੍ਰੰਤੂ ਜਦੋਂ ਪ੍ਰਭੂ-ਪ੍ਰੇਮ ਵਿਚ ਭਿੱਜ ਜਾਂਦਾ ਹੈ ਤਾਂ ਟਿਕ ਜਾਂਦਾ ਹੈ। ਸਹਿਜ ਅਵਸਥਾ ਵਿਚ ਆ ਜਾਂਦਾ ਹੈ ਭਟਕਣਾ ਮੁੱਕ ਜਾਂਦੀ ਹੈ। ਸਦਾ ਪਰਮਾਤਮਾ ਦੀ ਸਿਫਤ ਸਾਲਾਹ ਵਿਚ ਜੁੜਿਆ ਰਹਿੰਦਾ ਹੈ। ਪ੍ਰਭੂ-ਨਾਮ-ਸਿਮਰਨ ਹੀ ਉਸਦਾ ਆਸਰਾ ਹੁੰਦਾ ਹੈ। ਮੌਤ ਜਾਂ ਜਮ ਦਾ ਡਰ ਮੂਲੋਂ ਨਹੀਂ ਰਹਿੰਦਾ। ਕਾਮ, ਕ੍ਰੋਧ, ਲੋਭ, ਮੋਹ, ਹੰਕਾਰ ਖਹਿੜਾ ਛੱਡ ਜਾਂਦੇ ਹਨ। ਲਿਵ ਲਗਣ ਨਾਲ ਵਿਅਕਤੀ ਅਨੰਦ ਦੀ ਅਵਸਥਾ ਵਿਚ ਪਹੁੰਚ ਜਾਂਦਾ ਹੈ। ਮਨ ਦੀਆਂ ਚਤੁਰਾਈਆਂ ਖਤਮ

ਹੋ ਜਾਂਦੀਆਂ ਹਨ। ਦੁਨੀਆਂ ਕੇਵਲ ਪਰਮਾਤਮਾ ਦੀ ਲੀਲਾ ਨਜ਼ਰ ਆਉਂਦੀ ਹੈ। ਅਜਿਹੇ ਜਗਿਆਸੂ ਅਮਰ-ਪਦ ਪ੍ਰਾਪਤ ਕਰਕੇ ਭਗਤ-ਜਨ ਅਖਵਾਉਂਦੇ ਹਨ। 'ਭਗਤਾਂ ਦੀ ਚਾਲ ਨਿਰਾਲੀ' ਵਾਲੀ ਅਵਸਥਾ ਪ੍ਰਾਪਤ ਹੋ ਜਾਂਦੀ ਹੈ। ਉਹ ਬਿਖਮ ਮਾਰਗ 'ਤੇ ਚਲਦੇ ਹਨ। ਅਜਿਹੇ ਵਿਅਕਤੀ ਆਪ ਵੀ ਸੰਸਾਰ ਸਾਗਰ ਤੋਂ ਪਾਰ ਹੋ ਜਾਂਦੇ ਹਨ ਅਤੇ ਆਪਣੇ ਸੰਗੀ ਸਾਥੀਆਂ ਨੂੰ ਵੀ ਸੰਸਾਰ ਸਾਗਰ ਤੋਂ ਪਾਰ ਕਰਵਾ ਦਿੰਦੇ ਹਨ। ਪ੍ਰੰਤੂ ਗੁਰੂ ਜੀ ਆਪਣੀ ਬਾਣੀ ਵਿਚ ਬਾਰ ਬਾਰ ਮਨਮੁਖ ਦਾ ਜ਼ਿਕਰ ਕਰਕੇ ਦਸਦੇ ਹਨ ਕਿ ਅਜਿਹੇ ਮਨੁੱਖ ਕੂੜ ਨਾਲ ਜੁੜਦੇ ਹਨ। ਸੰਸਾਰਕ ਮੋਹ-ਮਾਇਆ ਦੇ ਜਾਲ ਵਿਚ ਫਸ ਕੇ ਜੀਵਨ ਬਰਬਾਦ ਕਰ ਲੈਂਦੇ ਹਨ। ਜੇ ਅੰਦਰੋਂ ਬਾਹਰੋਂ ਇਕ ਨਹੀਂ ਹੁੰਦੇ, ਜਿਨ੍ਹਾਂ ਦੇ ਮਨ ਸੁਧ ਨਹੀਂ ਹੁੰਦੇ ਉਹ ਦੁਨਿਆਵੀ ਵਾਸਨਾਵਾਂ ਵਿਚ ਖੱਚਤ ਹੋ ਕੇ ਜਨਮ-ਮਰਨ ਦੇ ਗੇੜ ਵਿਚ ਪਏ ਰਹਿੰਦੇ ਹਨ। ਜਿਹੜੇ ਰੱਬ ਦੀ ਰਜ਼ਾ ਵਿਚ ਰਹਿੰਦੇ ਹਨ, ਗੁਰੂ-ਕ੍ਰਿਪਾ ਸਦਕਾ ਉਨ੍ਹਾਂ ਨੂੰ ਸਭ ਧਰਮ ਸ਼ਾਸਤਰਾਂ ਦਾ ਗਿਆਨ ਪ੍ਰਾਪਤ ਹੋ ਜਾਂਦਾ ਹੈ। ਉਨ੍ਹਾਂ ਦਾ ਮਨ ਵਣਜਾਰਾ ਬਣ ਕੇ 'ਹਰਿ-ਨਾਮ' ਦੀ 'ਰਾਸ' ਇਕੱਠੀ ਕਰਦਾ ਹੈ। ਆਪਣੀਆਂ ਗਿਆਨ ਇੰਦਰੀਆਂ ਨੂੰ ਪ੍ਰਭੂ ਦੇ ਨਾਮ ਨਾਲ ਜੋੜਦਾ ਹੈ। ਆਪਣਾ ਮੂਲ ਪਛਾਣ ਲੈਂਦਾ ਹੈ। ਹਮੇਸ਼ਾ ਖਿੜਾਉ ਵਿਚ ਰਹਿੰਦਾ ਹੈ। ਫਿਰ ਉਸ ਨੂੰ ਹਰ ਪਾਸੇ 'ਹਰਿ ਕਾ ਰੂਪ' ਹੀ ਨਜ਼ਰ ਆਉਂਦਾ ਹੈ। ਕੰਨ ਕੇਵਲ ਸੱਚੀ ਬਾਣੀ ਸੁਣਨ ਦੇ ਆਦੀ ਹੋ ਜਾਂਦੇ ਹਨ। ਜੀਵਨ-ਮੁਕਤ ਹੋ ਜਾਂਦਾ ਹੈ ਅਜਿਹਾ ਜਗਿਆਸੂ ਅਤੇ ਦਸਮ-ਦੁਆਰ ਦੇ ਕੁਆੜ ਖੁਲ੍ਹ ਜਾਂਦੇ ਹਨ। ਪ੍ਰਭੂ ਨਾਲ ਇਕਮਿਕਤਾ ਪ੍ਰਾਪਤ ਕਰਕੇ ਉਹ ਵੱਡੇ ਭਾਗਾਂ ਵਾਲੇ ਹੋ ਜਾਂਦੇ ਹਨ। ਉਨ੍ਹਾਂ ਦੀਆਂ ਸਾਰੀਆਂ ਆਸਾਂ ਪੂਰੀਆਂ ਹੋ ਜਾਂਦੀਆਂ ਹਨ। ਅਜਿਹਾ ਆਤਮਿਕ ਅਨੰਦ ਪ੍ਰਾਪਤ ਹੁੰਦਾ ਹੈ ਜਿਸ ਨੂੰ ਸ਼ਬਦਾਂ ਵਿਚ ਬਿਆਨ ਵੀ ਨਹੀਂ ਕੀਤਾ ਜਾ ਸਕਦਾ।

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ਮਿਸਿਜ਼ ਕਮਲੇਸ਼ ਕੁਮਾਰੀ

ਅਸਿਸਟੈਂਟ ਪ੍ਰੋਫੈਸਰ (ਪੰਜਾਬੀ)

ਪੰਡਿਤ ਮੋਹਨ ਲਾਲ ਐਸ ਡੀ ਕਾਲਜ ਗੁਰਦਾਸਪੁਰ

MENTAL HEALTH: THE FOUNDATION OF A HEALTHY STUDENT LIFE

Introduction

Mental health is not just the absence of mental illness it is a state of well-being that allows individuals to handle life's stresses, work productively, and contribute meaningfully to society. It exists in a wide spectrum, and every person experiences it differently. For college students, mental health plays a vital role in academic success, relationships, decision-making, and personal growth. With increasing academic pressure, career uncertainty, and social challenges, understanding and protecting mental health has become more important than ever.

Understanding Mental Health

Mental health refers to our emotional, psychological, and social well-being. It affects how we think, feel, act, and make choices. Just like physical health, mental health needs care, attention, and support. Mental health is influenced by many interconnected factors:

- Biological – genetics, brain chemistry, physical health
- Psychological – personality, self-esteem, coping skills, trauma
- Social – family support, friendships, peer pressure
- Economic – financial stress, employment, housing
- Cultural – beliefs, traditions, social expectations
- Environmental – safety, living conditions, academic surroundings

Why Mental Health Matters for Students

Good mental health helps students: Good mental health plays a crucial role in a student's academic success and overall quality of life. When students are

mentally healthy, they are able to think clearly, make responsible decisions, manage their emotions, and remain focused on their goals. They develop stronger relationships with friends, teachers, and family members, and they are better equipped to cope with academic pressure, deadlines, and personal challenges. Mental well-being also helps students stay motivated, confident, and optimistic about their future. On the other hand, poor mental health can seriously disrupt daily life. It may result in low academic performance, lack of concentration, emotional exhaustion, and social withdrawal. Some students may even turn to harmful coping mechanisms such as substance abuse. Ignoring mental health concerns does not make them disappear; instead, it allows them to grow stronger and more damaging over time.

Common Mental Health Issues Among Students

Many students silently struggle with mental health problems due to academic stress, social pressure, and personal challenges. These conditions often go unnoticed because students may feel embarrassed or fear being judged. However, understanding these issues is the first step toward recovery.

1. Depression

Depression is more than just feeling sad for a few days. It is a serious mental health condition that causes persistent feelings of sadness, emptiness, and hopelessness. Students with depression may lose interest in activities they once enjoyed, feel constantly tired, struggle to concentrate, and experience changes in sleep and appetite. Over time, depression can affect academic performance, relationships, and self-esteem. Without proper support and treatment, it can worsen and lead to serious consequences.

2. Anxiety Disorders

Anxiety disorders involve excessive fear, worry, and nervousness that do not go away easily. Students with anxiety may feel constantly tense, overthink

situations, or experience panic attacks that cause rapid heartbeat, sweating, and difficulty breathing. Anxiety can make it hard to focus in class, participate in activities, or even attend college regularly. While some stress is normal, anxiety disorders interfere with daily life and require professional attention.

3. Stress-Related Disorder

Stress-related disorders develop when students face continuous pressure from exams, assignments, competition, financial problems, or family expectations. When stress becomes overwhelming, it can lead to emotional exhaustion, irritability, headaches, sleep problems, and lack of motivation. Over time, unmanaged stress can damage both physical and mental health. Learning healthy coping strategies is essential to prevent long-term harm.

4. Bipolar Disorder

Bipolar disorder is a mood disorder characterized by extreme emotional changes. Students may experience periods of intense happiness, high energy, and impulsive behavior (mania), followed by deep sadness, fatigue, and hopelessness (depression). These mood swings can disrupt studies, relationships, and daily routines. With proper medical treatment and counseling, individuals with bipolar disorder can manage their symptoms and lead successful lives.

5. Schizophrenia

Schizophrenia is a severe mental health disorder that affects how a person thinks, feels, and understands reality. Students with schizophrenia may experience hallucinations, delusions, disorganized thinking, and emotional withdrawal. This condition can make it difficult to study, communicate, and maintain relationships. Although schizophrenia is serious, early diagnosis and long-term treatment can help individuals live stable and meaningful lives.

Breaking the Stigma

Despite growing awareness, many students still hesitate to seek help because of fear, shame, or misunderstanding. Society often labels mental illness as a weakness, which discourages people from speaking openly about their struggles. However, mental health conditions are no different from physical illnesses such as diabetes or heart disease—they require care, understanding, and treatment. Breaking the stigma begins with open conversations, supportive environments, and proper education. When students feel safe discussing their mental health, they are more likely to reach out for help and recover sooner. Compassion, acceptance, and awareness are powerful tools in building a healthier campus culture.

How Students Can Protect Their Mental Health

Students can take many simple yet effective steps to care for their mental well-being. Maintaining a balanced routine that includes study time, relaxation, and social activities helps create stability. Getting enough sleep, eating nutritious food, and exercising regularly improve both physical and mental health. Talking to a trusted friend, teacher, or family member can reduce emotional stress and provide comfort. Practices such as mindfulness, meditation, or journaling help calm the mind and improve focus. Most importantly, seeking professional counseling when needed should be seen as a sign of strength, not weakness. Small daily habits can create a powerful positive impact on mental health.

Conclusion

Mental health is the foundation of a successful, meaningful, and fulfilling life. For students, it influences academic performance, personal confidence, relationships, and future aspirations. By understanding mental health, showing empathy to others, and seeking help when needed, students can build a strong support system around themselves. A healthy mind leads to a brighter future.

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REDUCE SCREEN TIME: RECLAIMING

OUR HEALTH, FOCUS, AND HUMAN

CONNECTION

In just a few decades, screens have transformed from occasional tools into constant companions. Smartphones wake us up in the morning, computers power our workdays, and streaming services entertain us at night. Social platforms such as Instagram, TikTok, and YouTube deliver endless content tailored to our preferences, while services like Netflix encourage hours of uninterrupted viewing. Even communication with friends and family increasingly happens through apps such as WhatsApp and Snapchat. Technology has undoubtedly improved modern life. We can attend virtual classes, work remotely, access global news instantly, and maintain relationships across continents. Yet as screen time rises worldwide, so do concerns about its impact on our health, relationships, and overall well-being. Reducing screen time is not about rejecting innovation; it is about restoring balance in a digital age that constantly competes for our attention.

The Physical Consequences of Excessive Screen Time

1. Eye Health and Vision Problems

Extended exposure to screens often leads to digital eye strain. Symptoms include:

- Dry or irritated eyes
- Blurred vision
- Frequent headaches
- Difficulty focusing

Blue light emitted from screens can suppress melatonin production, disrupting natural sleep cycles. Using devices late at night makes it harder to fall asleep and reduces overall sleep quality.

2. Poor Posture and Musculoskeletal Issues

Looking down at phones or hunching over laptops puts strain on the neck and spine. Over time, this can lead to chronic pain in the neck, shoulders, and lower back. Office workers and students are particularly vulnerable due to prolonged sitting. Encouraging regular movement breaks and maintaining ergonomic workstations can significantly reduce these risks.

3. Sedentary Lifestyle and Long-Term Health Risks

High screen time often replaces physical activity. Reduced exercise contributes to:

- **Weight gain**
- **Cardiovascular disease risk**
- **Reduced muscle strength**
- **Lower energy levels**

For children, outdoor play is essential for healthy growth and development. Replacing active time with screen use may affect physical coordination and long-term fitness habits.

Psychological and Emotional Effects

1. Attention and Cognitive Function

Constant exposure to short-form, fast-paced content can reshape attention patterns. Platforms built around quick videos and rapid content shifts may reduce tolerance for slower, more focused activities such as reading books or engaging in deep study. Research suggests that multitasking across devices—checking messages while watching videos or working—can impair memory retention and reduce productivity.

2. Social Comparison and Self-Esteem

Social media often highlights curated versions of reality. On platforms like Facebook and Instagram, users typically share achievements, vacations, and idealized images. Continuous exposure to these highlights can create unrealistic expectations and foster feelings of inadequacy. Teenagers are especially

susceptible to peer comparison, which may increase anxiety and depressive symptoms.

3. Digital Dependency and Addiction

Some individuals develop compulsive habits around screen use. Symptoms may include:

- Anxiety when separated from devices
- Frequent checking of notifications
- Loss of time awareness
- Neglect of responsibilities

Gaming and social media platforms are particularly associated with addictive patterns, as they offer instant rewards, social validation, and immersive experiences.

The Social Cost: Losing Real-World Connection

Despite unprecedented digital connectivity, many people report feeling lonelier than ever. Face-to-face communication builds empathy, strengthens relationships, and improves emotional understanding in ways that digital interactions cannot fully replicate. Family dynamics can also suffer when members spend evenings on separate devices rather than engaging in shared activities. Mealtime conversations, outdoor adventures, and simple discussions are often replaced by silent scrolling. Reducing screen time creates space for genuine interaction and deeper connection.

Practical Strategies to Reduce Screen Time

1. Conduct a Screen Time Audit

Track daily usage for one week. Identify:

- Which apps consume the most time
- Peak usage periods

- **Emotional triggers (boredom, stress, procrastination)**

Awareness is the first step toward change.

2. Establish Clear Digital Boundaries

Create household rules such as:

- **No devices during meals**
- **Screen-free Sundays**
- **Devices charged outside bedrooms overnight**

Consistency helps transform rules into habits.

3. Replace, Don't Just Remove

Screen reduction works best when replaced with engaging alternatives:

- **Physical exercise (walking, cycling, sports)**
- **Reading books**
- **Journaling**
- **Volunteering**
- **Learning a new skill**

Meaningful activities reduce the temptation to return to screens.

4. Use Technology to Control Technology

Many devices now offer digital well-being settings that:

- **Track usage**
- **Limit app time**
- **Disable notifications**
- **Schedule downtime**

Benefits of Reducing Screen Time

When individuals consciously reduce their screen use, they often experience:

- Improved concentration and productivity
- Better sleep quality
- Enhanced mood and reduced anxiety
- Stronger personal relationships
- Increased physical activity
- Greater creativity and mindfulness

Many people also report a renewed sense of presence—fully experiencing conversations, nature, and daily activities without digital interruption.

Toward a Healthier Digital Balance

Technology itself is neutral; its impact depends on how we use it. Screens connect us to knowledge, opportunities, and community. However, without mindful boundaries, they can dominate our time and attention. The solution is not complete disconnection but intentional moderation. By setting limits, encouraging real-world engagement, and modeling healthy digital habits, we can create a balanced relationship with technology. In reclaiming control over our screens, we reclaim control over our time—and ultimately, over our lives.

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