

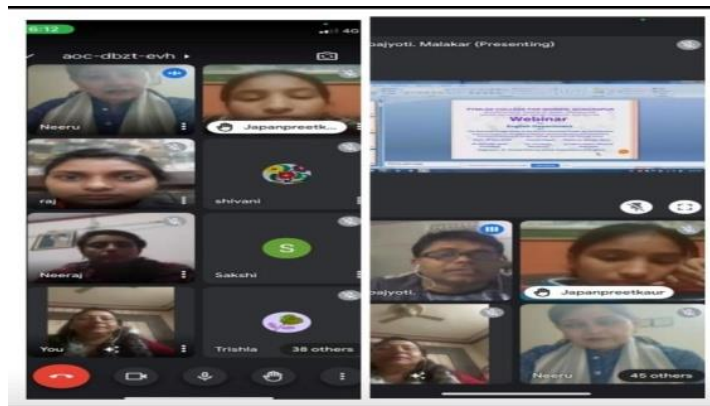
5.1.3 (2022-23)

Soft Skills

1. Alumni association of the college organized a series of workshops in the campus in which alumni of the college acted as resource persons. 6 different workshops were hosted by different departments. These workshops were as follows:
 - Workshop on E-Filing by Ms. Aashima Gupta hosted by Commerce department
 - Workshop on Communication Skills by Ms. Kandy Bhardwaj hosted by English department
 - Workshop on Tie & Dye by Ms. Himani hosted by F.D department
 - Workshop on Cartooning by Ms. Harwant Kaur hosted by Fine Arts department
 - Workshop on Party Make-up by Ms. Ravneet Kaur hosted by Cosmetology department
 - Workshop on Culinary by Ms. Kajal hosted by Home science department.



2. English department organized a webinar on 25th November, 2022 on the topic 'The romantic imagination of the British romantic poets: An introduction.' Dr Dhurbajyoti Malakar, Doctoral alumnus of IIT Guwahati and Assistant Professor PUB Bongsor College, Guwahati, Assam was the keynote speaker. In the beginning of the session Dr. (Mrs.) Dinesh Sharma Head, English department introduced the resource person to the audience. Then, the exuberant personality talked about romanticism, it's influence on English poetry with the references of various poems likewise: She walks in beauty, to a skylark, Ozymandias and the lyrical ballads. He highlighted the prolific British poets like William Wordsworth, P.B Shelley, John Keats, Scott and many more. He also enlightened the students about imagination used by British poets with a vivid description in their master works.



3. Under the realm of IQAC, English department organized Certificate course on 'Soft skills' During this course various domains touched include:

- PowerPoint presentation on topic communication.
- Group discussion
- Quiz competition on soft skills
- Movie displayed 'lord of the flies'
- Extension lecture on 'How to be a good speaker'

Final assessment was done through objective type questions.



4. English department of the college organized short-term 'English-Speaking' course. This course was primarily meant for those students who face difficulties in understanding basic English.



Language and Communication Skills

- Punjabi Department of the College celebrated 646th Birth anniversary of Bhagat Ravidas ji. He was a great poet and social activist. He guided the humanity to follow the path of becoming true devotees of the God. On this occasion, Slogan writing competition was organized in which 36 students of the college participated and wrote slogans in English and Punjabi language. The participants focused on the beautiful calligraphy words while writing slogans. They beautifully quoted the verses of Bhagat Ravidas ji given in Gurbani with different colors.



- On April 13, 2023, the Nukkar Natak team of our college participated in the Baisakhi celebration "Rangla Punjab" organized by the District Heritage Society, GSP in collaboration with Shiv Kumar Kala and Sabhyacharak Society Batala. This nukkad Natak was prepared under the guidance of Dean ECA Ms. Punita Sehgal. Students delivered a powerful performance on the theme of Women Empowerment, which captivated the audience.



- Punjabi Department of our college celebrated International Mother Language Day. For this one-day seminar on 'Punjabi Bhasha: Drish at Drishti ' was organized. Dr. Manjinder Singh, Associate Professor and Head, Punjabi School of Studies, GNDU, Amritsar was the keynote speaker. National Awardee Dr. Paramjit Singh Kalsi, District Language Officer was the guest of honour.



Life Skills (Yoga, Physical Fitness, Health and Hygiene)

8. Pt. Mohan Lal SD College for Women successfully organized 15 days' workshop Prayas-2, a personality development program under the able guidance of Principal Dr. Neeru Sharma and coordinators Mrs Punita Sehgal and Mrs Harsha Sharma. This workshop was inaugurated by Mrs Shahla Qadri (Wife of worthy Deputy Commissioner, Gurdaspur) & Chairperson Red Cross Gurdaspur and Dr. (Mrs.) Satinder Pannu of Pannu Nursing Home. In this workshop, different kinds of activities were organized for girls in order to develop and shape their personality. Physical department organized yoga and meditation camp in which Yoga Trainer Ms. Rajni was the guest from Delhi Public School. She taught different yoga activities to the students and motivated students to perform exercises and yoga on daily basis. Mrs. Parmjit Kaur from FD department delivered lecture on creativity and productivity. Similarly, Mrs. Samita Khajuria from Economics department delivered talk on stress management and on Team Spirit. Dr. Dinesh Sharma delivered lecture on communication skills and Mrs Gagandeep Kaur engaged students in recreational games. Ms. Jyoti Bhardwaj gave practical demonstration on instant snacks Mrs. Kulwinder Kaur talked about nail art and self-grooming. Also Dr. Khushboo Agarwal gave practical demonstration on how to make email PDF. Mr. Harpreet Singh and Ms Aarti Mahajan delivered a talk on creating & sending emails and beating stage fear respectively. Mrs. Jyoti Saini delivered lecture on tips on academic success. A workshop on dance and music was also organised by Mrs Kulwinder Kaur more than 50 girls' students enthusiastically participated in this workshop. In Valediction ceremony, Mr Kamalbir Singh, ASI District Sanjh Kendra, BPO Gurdaspur was the chief guest. He also appreciated all the participants and Principal Dr. (Mrs.) Neeru Sharma gave appreciation certificates to all the participants.



9. To make students fitness freak an open gym facility was provided in the campus. The facility was inaugurated in presence of Principal Dr. (Mrs.) Neeru Sharma and worthy members of college management Dr. Anirudh Joshi ji (Officiating President), Dr.P.K. Bajaj, General Secretary, Sh. Jatinder Bhatia, Finance Secretary, Sh. Hiramani Aggarwal, Chairman, Local Managing Committee and other members by cutting ribbon. Incharge Mrs. Gagan and members of sports club of the college demonstrated the use of gym facilities. Dr. Neeru said, the gym is one of the most awaited facilities in the campus. The gym houses amenities like Twister machine, Cycle machine, Arm Roller and Abs machine which includes waist twisting, rolling arm and many more.



10. The IQAC, Red Ribbon and Health Club of the college organized four-day First Aid Training Camp 11th to 14th July, 2022 in collaboration with Red Cross Society, Gurdaspur. Mr. Rajeev, Secretary, Red Cross Society, Gurdaspur was the trainer. Total 53 students got benefited by this first aid training camp.



11. An awareness seminar on Blood donation was organized by Red Ribbon Club of the college. 50 students attended this seminar. Ms. Neha, Asst.Prof. in Zoology delivered a talk via power point presentation. She explained about the eligibility for blood donation, blood matching and its compatibility, benefits to the donors, types of blood groups, procedure of blood donation, difference between hemoglobin and blood, hemochromatosis, amount of blood taken and how it can be replenished.



12. A workshop on "Stress Management" was conducted for hostellers at Smt. Hira Devi Hostel in the college campus on 29th Sept.2022. Ms. Kanika, Counsellor, APS, Tibri Military Station, Gurdaspur was the resource person. During the session, she talked about various types of stress, its sources and management techniques with students. She laid emphasis on healthy living to manage stress.



13. FDP committee of the college organized Faculty development programme on 'Psychological Well being of Working Women'. Dr. Davinder Singh Johal, Associate Professor, Department of Psychology, Guru Nanak Dev University, Amritsar was the resource person. As employee's well-being is important to every organization, due to its connection to higher productivity, dependability and overall work quality, Dr. Johal explained that psychological capital, which finds its roots in the field of positive organizational behavior, comprises of an individual's positive psychological resources that is hope, optimism, self-efficacy, and resilience.



14. NSS unit, Red Ribbon and Health Club organized an AIDS Awareness Seminar on World AIDS. Approximately 60 students attended this seminar. Dr. (Mrs.) Sukhwinder Kaur and Mrs. Samita Khajuria (Incharges NSS Unit) market their presence. Mrs. Gurdeep Kaur (In charge Red Ribbon and Health Club) explained the meaning of AIDS, its symptoms, its mode of transmission and HIV virus. Ms. Neha (Asst.Prof. in Zoology) explained the myths related to AIDS, its preventive measures, precautions and how to treat AIDS patient in society.



15. On 1st December, Sociology department of the college organized a webinar on “Current Trends in Preventing and Management of HIV on World Aids Day”. Ms. Kanu Priya, Counsellor at Swami Vivekanand Targeted Intervention Program for users under Punjab State was the keynote speaker. In the beginning Dr. Rama Gandotra introduced the keynote speaker. The webinar was attended by 48 students. Resource Person Kanu Priya Ji, said that HIV is a virus which attacks the system that prevent the body from fighting diseases, making it more susceptible to other diseases.



16. Sociology department of Pt. Mohan Lal S.D College for Women, Gurdaspur organized an oath taking ceremony on Drug Abuse in collaboration with Punjab Red Cross Society and Ministry of Social Justice and Empowerment, Govt. of India. More than 90 students have participated in this ceremony. After the oath ceremony Smt. Kamalpreet Kaur (Counsellor) delivered a lecture on 'Fight against Drugs'. During her lecture she explained that Drugs and alcohol are the cruel engine of many evils of the society and to eradicate them their roots must be cut down, so that they can never grow on lives and endanger them.



17. Psychology department of the college organized one day workshop on 'Anxiety' on 13th February, 2023. The resource persons of the workshop were Dr. Shelly Kumar (Asst. Prof. in Psychology) GNDU, Amritsar, Dr. Sonam Gupta (Asst. Prof. in Psychology) Shanti Devi Arya Mahila College, Dinanagar and Dr. Rubinder Kaur, Vice Principal, Swami Sarvanand Group of Education, Dinanagar.



18. Red Ribbon Club and Youth Club of Pt. Mohan Lal S.D College, Gurdaspur organised an event in collaboration with Asst. Director, Youth Services Department, District Gurdaspur on 13th-14th February, 2023. Various competitions like Declamation, Quiz, Poster Making, Slogan Writing, Collage Making were conducted on various topics like 'Life History of Swami Vivekananda Ji', Blood donation, Drug awareness, HIV/AIDS, TB, General knowledge and Current affairs.



19. On Feb. 25, 2023 Red Ribbon club organised poster making competition on Drug Awareness as directed by Asst. Director, Youth Services, Gurdaspur. Total 14 students participated in this competition. They prepared posters on different topics like Say no to drugs, against drug abuse, Drugs take you to hell, Disguised as heaven etc. Vice Principal Mrs. Daljinder Kaur guided the students to stay away from drugs and ill effects of drug abuse. She also added that such programs are helpful in eradicating the problems relating to drug abuse amongst youth. College Principal Dr. Neeru Sharma appreciated the efforts of Red Ribbon Club for organising this activity.



20. Health club organised a Guest Lecture on 'Health Awareness' by Dr. Ashok Hastir on 1st March, 2023. 80 students along with science faculty members attended the lecture. Dr. Hastir explained different types of Bacterial and Viral diseases, their sources and symptoms. He elaborated Viral diseases with example of whooping cough, sneezing, cold, different stages of measles etc. He also explained about fungal infection like ringworm which is common infection of skin and nails usually happen in summer due to sweating. He also explained about taeniasis in humans caused by tapeworm. He mentioned about other diseases like chicken pox, pneumonia, diseases of chest etc. He ended up his talk by giving a suggestion to students to take care of their health and eat healthy diet.



21. Physical education department of the college observed World health Day and organised Declamation and Quiz competition on the occasion.



22. Health and Sports Club organised a seminar on 'Health and Wellness' on 11th April, 2023. Total 60 students attended this seminar. There were three resource persons:

* Dr. Monika Mahajan (Physiotherapist, MIAP, Dietitian and Clinical Nutritionist)

Topic- Life Style Disorder in Adults

*Dr. Dalwinder Sharma

(Physiotherapist)

Topic- Benefits of Ayurvedic Medicines and Cosmetics.

* Mrs. Pooja Dogra

(Counselor)

Topic- Cosmic Empowerment

*First resource person Dr. Monika Mahajan suggested to change our daily life style by using balanced diet, importance of vitamins, proteins, fats and carbohydrates, healthy eating habits, physical activities, behaviour changes, side effects of unhealthy sleep, PCOD, PCOs, prevention and causes of cancer, hormonal imbalance, solutions for acne problems and period irregularities etc.

*Second Resource person Dr. Dalwinder Sharma explained about the harmful effects of junk food and unnecessary painkillers on our body, ill effects of cosmetics, benefits of Ayurvedic medicines to cure diseases like acidity, blood pressure, constipation etc. Dr. Sharma also explained about the benefits of Tulsi.

*The third resource person Mrs. Pooja Dogra motivated our students to stay healthy through 'Cosmic Healing'. She performed some 'asanas' to stay calm and healthy.



23. To celebrate World Red Cross Day, Red Ribbon Club and Health Club of the college organized slogan writing competition. Total 24 students participated in this competition. Mrs. Gurdeep Kaur, Dr Rupinder Kaur and Ms. Richa Saini were the incharges of this event. Mrs. Punita Sehgal and Mrs. Samita Khajuria were the judges.



ICT/Computing Skills

24. Computer Science department of the college organised guest lecture on “Emerging Research Areas in Computational Sciences”. Dr. Harjot Kaur was a Post-Doctoral Fellow Material Science & Sensor Applications CSIR-CSIO Chandigarh was resource person. She explained that technology is an ever-changing field and those wanting to remain at the helm of innovation have to adapt. She said that IT professionals who understand computer science trends remain competitive for the best career opportunities. She discussed about recent trends in IT like Artificial Intelligence, Edge Computing, Blockchain, Bioinformatics, Cybersecurity, Robotics, Big Data, IOT, Sensors, 5G Networks, Virtual Reality and computer vision.



25. Computer Department organized Technofun-2K22 which was completely overloaded with talent and infinite imagination and an opportunity to showcase the ideas and creativity of young buddies to the world. To provide these innovative minds with a platform and keep them as enthusiastic and motivated, the college organized this Inter College Technical Festival. S. Avtar Singh Sidhu, Former Principal, Govt College, Gurdaspur and member of Local Managing Committee of college was the Chief guest. Around 92 students from surrounding 10 colleges participated in the fest. Various technical events such as PowerPoint Presentation, Art Gallery, Technical Quiz, Fast Message Typing and two cultural events: Sell It and Movie quiz were conducted. Certificates and prizes were awarded to the winning participants of various colleges. Overall championship trophy was won by Shanti Devi Arya Mahila College, Dinanagar. This year Techfest received an overwhelming response in all its events and was a magnificent success. Techfest was started with Shabad Gayan by the students of the music

Department. Er. Surkhab Shelly welcomed escort teachers and participants and gave introduction about the programme. Ms Jagpreet and Ms Pooja hosted technical & movie quiz and art gallery. Mr Harpreet conducted fast message typing. Mrs Sandeep Kaur Goraya and Mrs. Rajni acted as Judges for the various events.



26. Keeping in mind the guidelines of NEP, under the realm of IQAC, the Department of Computer Science organized two Skill Development Courses on C/C++ and Web Designing. 50 students were enrolled for these courses from the college. The main purpose of these courses was to develop programming skills among students.



27. The Computer Science department of the college organized 'Interactive Programme Week' (IPW) in the month of March. This event aimed to promote technical skills, knowledge sharing, and healthy competition among the students. This regular and annual event featured various events like PPT, Quiz, Paper Reading, Poster Making, and Fast Typing. About 76 students of the Computer Science department participated in these competitions. The week-long event witnessed active participation from students of different semesters, showcasing their talents and skills in various technical domains.



28. The Computer Science department of the college organized two-day workshop on 'Digital Marketing' on 6th – 7th March 2023 which was conducted by the expert, Mr. Sachin Mahajan. The workshop aimed at providing the students with an in-depth understanding of the various aspects of Digital Marketing and its role in today's business world.



29. On 7th March, 2023 the Computer Science dept. organized a quiz competition on theme 'Innovation in Technology and Job Security'. The aim of the competition was to promote awareness and understanding of the latest developments in the field of technology and their impact on job security. There were four teams.



30. Computer Science Department organised a National-Level three-day online workshop in collaboration with Innovation Activity Cell on 'Industry 4.0' from 17th to 19th April, 2023 in which more than 100 faculty members and PG students from different institutes all over India like Uttar Pradesh, Chhattisgarh, Ajmer, Karnataka, Tamil Nadu, Haryana, Maharashtra have participated. The workshop was aimed at providing insights into the latest technologies and their practical applications in India. The workshop had three sessions and each session was handled by an expert in the field.

