

PT. MOHAN LAL S.D. COLLEGE FOR WOMEN

“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, G.P.
AFFILIATED TO GURU NANAK DEV UNIVERSITY, RE-ACCREDITED 'A' GRADE BY NAAC

ACADEMIC PROGRAMS

B.Voc.	10-1
B.Voc.	10-2

PG FACILITY FOR WORKING WOMEN

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

A MULTI FACULTY POST GRADUATE INSTITUTE

Re - accredited with 'A' grade by NAAC

MANAGED BY: GGSDS COLLEGE SOCIETY, CHANDIGARH

Affiliated to: GURU NANAK DEV UNIVERSITY, AMRITSAR

OUR INSPIRING SPIRIT



PT. MOHAN LAL JI

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

E-MAGAZINE

‘DARPAN’



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President, GGSDS Society
Chd.



Dr. PK Bajaj
General Secretary,
GGSDS Society Chd.



Dr. (Mrs.) Neeru Sharma
Principal



Dr. (Mrs.) Khushboo
Editor

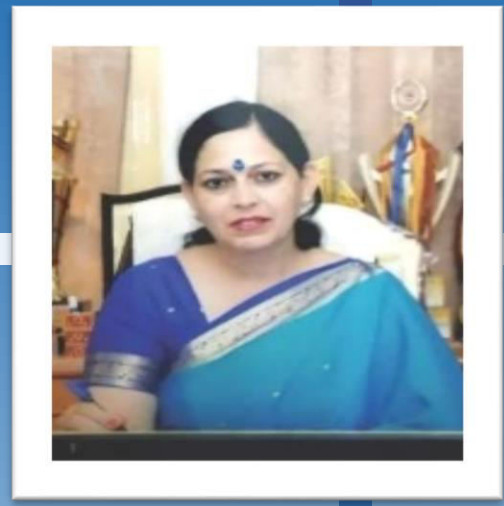


Er. Surkhab Shelly
Editor



Er. Harpreet Singh
Technical Expert





Dear Sdians...

It gives me immense sense of fulfilment when I look at the sixth edition of college e-Magazine 'DARPAN'. 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 editors 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



NSS ACTIVITIES

7 DAYS NSS CAMP



From 3rd to 9th January, 2022, under the supervision of Program officer Dr. Sukhwinder Kaur and Ms. Samita Khajuria seven days special NSS camp was organized in the college campus. Sh. Ram Singh, SDM, Batala graced the inaugural ceremony with his benign presence. In these seven days, NSS volunteers did many activities like half marathon that started from Shri Guru Ravidas ji Community Hall, Babowal; did cleanliness of the college, decorated display boards and painted stones. They also painted the village school and Anganwadi Centre. They spread awareness among villagers about COVID-19 and its vaccination and distributed masks and stationery among them. Warmers, sweaters, socks and caps were also distributed to needy people. S. Amanpreet Singh, SDM, Gurdaspur graced the valedictory occasion. Madam Principal applauded the efforts made by NSS volunteers for performing their assigned duties.



YOGA & MEDITATION CAMP FOR HOSTELERS



Physical Education department of the college organized Yoga and Meditation camp in the Girls Hostel. Ms. Gagandeep Kaur, Dept. of Physical Education was the instructor. She gave tips on meditation and taught basic exercises to students to stay fit and healthy. Principal Dr. (Mrs.) Neeru Sharma added that practicing yoga regularly provided long-term health benefits, boost immunity and maintain oxygen level.



Youth Club of the college celebrated National Youth Day in the college campus in which declamation contest was organized on 'Girl Child' and 'Swami Vivekanand Ji'. Palak Sobti, Sana, Simran, Japanpreet Kaur, Himani and Gulmehak presented their ppts on philosophy of Swami Vivekananda ji. She also appreciated the efforts of Dean ECA Ms. Punita.



SAMVEDNA LOHRI PROJECT



The Central Association and NSS unit of the college under the Project 'SAMVEDNA' (on the occasion of Lohri festival) distributed uniforms to the supporting staff of the college. On this occasion Sh. Romesh Mahajan, Project Director, Red Cross Drug De-Addiction Centre, Gurdaspur was the chief guest. Madam Principal told 'Samvedna' project is regular feature of the college which aims at helping the needy and underprivileged sections of society. She appreciated efforts of NSS and Central Association Incharges especially Mrs. Samita Khajuria.

CELEBRATION OF LOHRI FESTIVAL



Punjab Heritage Promotion Committee, Women Cell and Youth Club of the college celebrated Lohri festival with utmost cheerfulness and grandeur. Madam Principal, faculty members, non-teaching staff, support staff and CA executives performed Lohri rituals by putting sesame seeds and rewaris into the bonfire. Peanuts, rewaris, popcorns and gachak etc. were distributed among staff and students. The students amazed everyone with their fabulous dance performances.



SVEEP



- Under the directions of Election Commission and Deputy Commissioner cum District Election Officer Gurdaspur, the college has organized various SVEEP activities. A **'Selfie stand'** was prepared by the students and SVEEP Incharges Mrs. Daljinder Kaur, Mrs. Punita and Mrs. Samita Khajuria. **Inspirational slogans** were written on the selfie stand so that voters cast their votes rationally.
- Political Science department organized **inter-college quiz competition to celebrate 'National Voter's Day'**. The topic of quiz was 'Elections of Punjab Legislative Assembly' in which 847 students from 37 colleges participated with full zest. Mrs. Daljinder Kaur, Head, Political Science department prepared the quiz.
- A **wall magazine** displaying on SVEEP was displayed in the college campus. BLOs distributed voter I-Cards to new voters and motivated the students to exercise their right to vote prudently.
- Electoral Literacy Club and Cosmetology department organized **mehndi and nail art** competition under the SVEEP.



PATRIOTIC WEEK

(23 JAN TO 30 JAN 2022)



History department celebrated 125th birth anniversary of **Neta Ji Subhash Chander Bose**. **An essay writing competition** was organized to mark the occasion and honour his selfless service to the nation. Principal Dr. (Mrs.) Neeru Sharma encouraged the students to follow the principles of Netaji Subhash Chandra Bose who worked selflessly for the country and made us proud.



Economics Department of the college organized online **slogan writing competition on 'Patriotism'**. Students showed patriotic fervor, flair and exhibited their creative skills by writing amazing thoughts. Volunteers participated in slogan writing, poster making, declamation and PowerPoint presentations.



PATRIOTIC WEEK



History department celebrated birth anniversary of **'Lala Lajpat Rai'** in which PPT on his political journey was shown to the students. Students also presented their views through power point presentations focusing on life and political contribution of Lala Lajpat Rai.



Sociology department paid homage to **Mahatma Gandhi Ji** on his martyrdom day. Slogan writing competition was organized. A documentary and PPT depicting his life was shown to the students.



COLLEGE ACTIVITIES



- NSS club of the college celebrated **'National Girl Child Day'**. NSS volunteers presented PPTs and declamation competition was also organized.
- Republic Day was celebrated by NSS Club of college in which declamation competition, poster making and PPT presentation was held in the college campus.
- Health Club of the college in collaboration with Civil Hospital, Babri organized a vaccination camp for the students in the college campus. Doctors from Civil Hospital gave the COVID jab to students and faculty members.
- Environment association declared 'lemon' as plant of the month. Stall was arranged in the college campus and faculty members purchased it.
- An online quiz competition was organized to celebrate Azadi ka Amrit Mahotsav in which 330 girl students from 20 (Government and private) schools participated.



Easy way to improve your fluency in English

As a language learner, I'm sure your ultimate goal is to speak English fluently. But how can you start speaking English fluently? It doesn't just happen! Read the article to see how you can reach your goal!

What does 'speaking fluently' mean?

You might think the answer to this question is obvious and that speaking English fluently means not making any mistakes and being perfect. But it's not true and it's important to remember that speaking a language fluently means being able to communicate easily. The majority of non-native English speakers will always continue to make a few mistakes in their speaking and writing. Even at an advanced stage, will never stop learning new vocabulary. But that's not a bad thing, on the contrary, it's something that can help and motivate you. Whatever level you are now, I'm sure you make a few mistakes, but you can still say some phrases quite easily. As you learn and improve, the number of these phrases you can say easily and you will become fluent.

Try to speak

The most effective way to become fluent is to speak. If you learn a language by speaking, as children do, you can learn naturally through listening to others and copying. And the more you speak, even from the first stage, the more confidence you will gain, which makes speaking fluently.

Language in an open-plan setting that is very similar to a real situation in which you need to speak English. By learning English in this natural way of language acquisition, you can easily obtain the characteristics of a native speaker and become fluent.

Make mistakes and become fluent

As a child, you learned your native language through trial and error making mistakes and correcting yourself. The best thing to do to become fluent in English is to adopt the same method. When you're learning, it's almost impossible to say something perfectly the first time. You need to try, then try again, and then when you feel you've got it, you can put the new language into practice in a real-life situation. And even in that case, making mistakes is natural and useful because mistakes teach you the right way.

I often hear new students saying they feel scared to speak in front of others because they're worried about making mistakes. But after a couple of trials, they quickly feel more comfortable as they listen to other students of their level speaking openly and confidently, making mistakes without any embarrassment. It is really a fundamental element of learning because if you don't take a risk and let yourself make mistakes, you can't grow and improve.

Make time for pronunciation

Some language students focus a lot of attention on grammar and don't consider pronunciation very important. But whether people will understand you or not depends on how you pronounce a phrase. Getting to a high level of English but with poor pronunciation makes you still sound quite elementary. But if you learn to pronounce English well, you can quickly sound fluent even if you're a fairly low level. So, make time for improving your pronunciation from the very start. You must listen to a variety of characters in fun video story who introduce new words and phrases to you. And as you listen and copy the right sounds, you listen to yourself and can correct any mistakes.

Dear students, I believe in you. Your perseverance will help you to succeed.

Dr. (Mrs.) DINESH SHARMA

HEAD, DEPARTMENT OF ENGLISH

लॉकडाउन एक हकीकत

लॉकडाउन यानी सब बंद, तालाबंदी । पर यह तालाबंदी है क्या? मैंने और शायद सभी ने अपने जीवन में पहली बार इस को अनुभव किया । दंगों या दो समुदायों की झड़प के दौरान कर्फ्यू का अनुभव था लेकिन इस तरह के कर्फ्यू की कल्पना मैंने ही नहीं शायद किसी ने भी नहीं की थी । ऐसा प्रतीत हो रहा था-

"हर शख्स बंद है किवाड़ की तरह ।"

वैश्विक महामारी कोरोना से भारत ही नहीं पूरे विश्व में एकाएक लॉकडाउन हो जाना एक अभूतपूर्व घटना थी । विश्व की इतनी बड़ी आबादी घरों ,फ्लैटों ,मकानों और झुग्गियों में सिमट कर रह गई । लॉकडाउन की ऐसी सख्ती की घर में रहना ही जिंदगी प्रतीत होने लगा । सुबह अखबार बंद ,मां की सुबह उठाने की पुकार बंद ,मंदिर से आने वाली घंटियों की ,भजनों की मीठी आवाज बंद । सुबह जब आंख खुली तो एहसास होता कि काम तो जाना नहीं लेकिन काम करना है और वह भी घर पर रहकर और परिवार के साथ । घर पर रहकर काम करना एक अलग अनुभव पर अद्भुत चुनौती । सच में एक अनोखा तजुर्बा अब समझ आया

" हर मोड़ पर एक नया तजुर्बा है, जिंदगी "घर की चहलकदमी, एक दूसरे से हंसी मजाक, बच्चों के लड़ाई-झगड़े, कामों को निपटाने के बाद एक सन्नाटा-सा ना जाने क्यों कहीं दूर तक दिल की गहराइयों में कुछ ढूँढ रहा था । शायद यह सन्नाटा उस शोर को सुनना चाहता था जो घर के अंदर रहकर भी सुना जा सकता था । तालाबंदी में गाड़ी का शोर, सब्जी बेचने वाले की आवाज़, फेरी लगाने वाले के अजब- गजब तरीके हमसे कहीं दूर चले गए थे । सच में यह सन्नाटा अजीब सा था ।

घर में रहकर और काम करते हुए दिन इसी उम्मीद में, इसी हसरत के साथ गुजर जाता कि आज का सूरज डूबेगा और कल एक नई सुबह होगी । परंतु हर शाम सूरज बिल्कुल स्थिर दिखता लॉकडाउन की तरह!

ना जाने यह वायरस कहां से आ गया पर अनुभव बुरे और अच्छे तरह-तरह के हुए इस दौरान हमारी प्रकृति स्वच्छ हो गई,कई अच्छी आदतें विकसित हुईं, एक दूसरे से प्रेम ,सद्भावना और भाईचारे के भाव पैदा हुए, सकारात्मक सोच ,परिवार का महत्व ,समय का महत्व ,जंक फूड से दूरी, घर के भोजन का स्वाद ,रिश्तों की अहमियत और भी ना जाने कितने बदलाव आए इस लॉकडाउन के दौरान । लेकिन यह तो मेरा ही, मेरे तक ही सीमित रह गया । अरे ,कोरोना लॉकडाउन तो विश्व भर में रहा ।

विश्व या भारत की बात करें तो प्रदूषण से छुटकारा मिला, सद्भाव जागृत हुए परंतु गरीब, मजदूर, दिहाड़ीदार, कामकाजी लोगों पर इस वायरस का ,इस लॉकडाउन का क्या प्रभाव पड़ा? यह सोचकर मन घबरा जाता है । चाहे माननीय प्रधानमंत्री ने ,राज्य सरकारों ने अपनी समर्थ के अनुसार मदद की । परंतु कहीं ना कहीं उनकी मजबूरी, उनकी उदासी ,उनकी लाचारी मेरे मन को झकझोर कर रख देती है । सोचती हूं कि कितना असमर्थ होगा वह मजदूर, गरीब ,दिहाड़ीदार जो एक वक्त की रोटी के लिए, बच्चों के पालन के लिए ,घर चलाने के लिए, दिन-भर काम करता ,इमारतें बनाता ,इंटे उठाता, रिक्शा चलाता था । आह.....ऐसा प्रतीत होता है-

" इस दौर-ए-रियासत का,

इतना सा फ़साना है

बस्ती भी जलानी है,

मातम भी मनाना है ।"

मुश्किल समय लोगों को काफी कुछ सीखा जाता है विकट परिस्थितियों से बाहर निकलना ही काबिलीयत होती है । धीरज रखिए ,समय सब बदल देता है । इस समय जरूरत है, सिर्फ सब्र रखने की और सरकार द्वारा बनाए नियमों का पालन कर अपने कार्यों को पूरी दृढ़ता से तथा सकारात्मक सोच द्वारा करने की । जो लोग ऐसा कर रहे हैं मैं मानती हूं वह देश के प्रति एक जागरूक नागरिक का फर्ज निभा रहे हैं । आइए मिलकर एक नए युग के निर्माण में अपना योगदान दें और यह कामना करें कि जल्दी हमारा भारत ही नहीं विश्व भी इस वैश्विक संकट से मुक्त होगा और खुशहाल समय की कल्पना साकार होगी ।

" मंजिल भी जिद्दी है,

रास्ते भी जिद्दी हैं ,

देखते हैं कल क्या हो,

हौसले भी जिद्दी है ।"

श्रीमती पुनीता सहगल

विभागाध्यक्षा,

हिंदी विभाग।

Our Meal Require Our Attention

The world is moving too fast and peoples are not able to have a healthy food even, they are not able to think a single time about the lack of nutrients in diet that they are having are its adverse effect on their health. Most of the population want convenient meal, convenient in the sense of rapid cooking and they can have food were ever they want, no matter what type of nutrient profile that food have. This demand of consumer was fulfilled by the fast-food industry in middle 20th century. Majority of fast and processed food lacks in major nutrients that are essential of human body to cope up with various ailments are regular psychological function. During food processing various micro as well as macro nutrients are lost additionally during the processing. It also had its greater impact on the physicochemical profile of food, for an instance trans fats are the outcome of fat and oil processing, trans fats showed various ill effects on human body. Besides, major change has come with increase in sedentary life style of the population, although if a person eats high fat food which is regarded as unhealthy food, and alongside he/she perform quite good physical activities like exercise, or any heavy physical work. This will help in reducing the effect of fat on body as this can prevent a person from obesity. But, with sedentary lifestyle and bad eating habits (unhealthy food) had drastic effect on the overall performance of body. Therefore, changed eating habits has led to increase obesity rate, diabetes, cardiovascular diseases, cancer not even in the elderly population but also in young population.

If we consider that bad eating and living habits are the causes of health-related problems so, the only way for coping with the issues is the improvement in meal intake or start eating good food, the food which will fulfil all requirements of your body basically as per your daily requirements. On an average human body require both micro and macro nutrients which are carbohydrates as fuel or energy source, fat for protection vital organs as well as energy, proteins for body repair and providing essential and non-essential amino acids, vitamins and minerals for physiological functioning of body. Moreover, human body also face high oxidative stress which is caused by increase in free radical in the body. Due to high oxidative stress various type of cancers may develop and they may be lethal for the person. Hence, to reduce the free radical in body meal high in antioxidants such as blue berries, beet root etc. are some natural raw foods which are high in anthocyanin which have good antioxidant properties. These types of food improve the capacity of body to fight against various ailments and improve health of an individual. In addition to diet daily exercise increase the

effectiveness of healthy diet with rapid action and fast recovery of body from diseases.

In nutshell it is undeniable that a breakfast plate loaded with nutrients and a little time for exercise would improve the lifestyle of individual. Good food not only improve the physical health but also it can help in reducing depression anxiety and PDS type of conditions. So, it is very significant for us to take our meal very seriously and try to have healthy diet with balanced nutrients according to your body requirements as per our lifestyle.

Ms. NANCY

HOME SCIENCE DEPARTMENT

END OF BOTANY

In 2015, an article was published by cell press titled as 'The End of Botany' shocked each and every person in related field. That article was published in context with us, but Botany as a discipline faces danger of extinction everywhere in the world. India also evidences the decline of botany as a major subject. Botany is the study of plants which benefits people around the globe. Botany originates in prehistory as herbalism with the efforts of early humans to identify – and later cultivate – edible, medicinal and poisonous plants, making it one of the oldest branches of science. If we talk about the word 'Botany', it was given by *Theophrastus in early 17's*. In 19th and 20th centuries, new techniques were developed for the study of plants. Modern botany is a broad, multidisciplinary subject with contribution and insights from most other areas of sciences and technology. But with time, Botany lost its real identity. The erosion of Botany is highlighted by the preference of students. Earlier, students prefer botany as their major subject but nowadays they prefer subdisciplines for higher studies instead of Botany. Subdisciplines such as Cell biology, Genetics, Microbiology, Biotechnology etc. are parts of botany but becomes more valuable as time passes. We can imagine the extent of situation by taking into consideration the current decline in Botany students /Botany faculty / University Departments / Courses and Herberia. This danger of extinction is caused by people who themselves involved in this field. Various reports suggests that school textbooks dedicated 14% of chapters to plants compared with 42% for animals and humans. They have even coined terms such as *Zoochauvinism and Plant blindness* in efforts to describe and characterize an apparent lack of interest in plants, at least when compared to animals. In situations where the institution has no botany or plant science degree, it is important that we maintain the teaching we have access to and make sure that plants are always included in the more general bioscience modules that are not restricted by organism type. As people lost interest in the study of plants, most of the biologists fails to recognize common plants. This gives us rough idea about the declining condition of botany. According to a south African journal published in 2017, if the current situation persists, "Botanists will become the Dinosaurs of Biology".

Ms. KAJAL

ASSISTANT PROFESSOR

BOTANY DEPARTMENT

BLOCKCHAIN TECHNOLOGY

What Is a Blockchain?

A blockchain is a distributed database that is shared among the nodes of a computer network. As a database, a blockchain stores information electronically in digital format. Blockchains are best known for their crucial role in cryptocurrency systems, such as bitcoin, for maintaining a secure and decentralized record of transactions. The innovation with a blockchain is that it guarantees the fidelity and security of a record of data and generates trust without the need for a trusted third party.

Difference between database and blockchain:

1. The main difference between a typical database and a blockchain is how the data is structured. A blockchain collects information together in groups, known as blocks, that hold sets of information. Blocks have certain storage capacities and, when filled, are closed and linked to the previously filled block, forming a chain of data known as the blockchain. All new information that follows that freshly added block is compiled into a newly formed block that will then also be added to the chain once filled.
2. A database usually structures its data into tables, whereas a blockchain, like its name implies, structures its data into chunks (blocks) that are strung together. This data structure inherently makes an irreversible time line of data when implemented in a decentralized nature. When a block is filled, it is set in stone and becomes a part of this time line. Each block in the chain is given an exact time stamp when it is added to the chain.

How Does a Blockchain Work?

The goal of blockchain is to allow digital information to be recorded and distributed, but not edited. In this way, a blockchain is the foundation for immutable ledgers, or records of transactions that cannot be altered, deleted, or destroyed. This is why blockchains are also known as a distributed ledger

technology (DLT).

Benefits of Blockchains

Accuracy of the Chain

Transactions on the blockchain network are approved by a network of thousands of computers. This removes almost all human involvement in the verification process, resulting in less human error and an accurate record of information.

Decentralization

Blockchain does not store any of its information in a central location. Instead, the blockchain is copied and spread across a network of computers.

Private Transactions

Many blockchain networks operate as public databases, meaning that anyone with an Internet connection can view a list of the network's transaction history. Although users can access details about transactions, they cannot access identifying information about the users making those transactions.

Drawbacks of Blockchains:

Technology Cost:

Although blockchain can save users money on transaction fees, the technology is far from free. In the real world, the power from the millions of computers on the bitcoin network is close to what Norway and Ukraine consume annually

Illegal Activity

While confidentiality on the blockchain network protects users from hacks and preserves privacy, it also allows for illegal trading and activity on the blockchain network

BY

RAVINDERPREET KAUR

M.SC (CS) 2ND SEM

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

PT. MOHANLAL S-D-COLLEGE
FOR WOMEN

"आदर्श अनुशासन मर्यादा ईमानदारी तथा उच्च मानवीय

मूल्यों के बिना कदापि जीवन महान नहीं बन सकता।

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Facebook page: <https://www.facebook.com/groups788465557953990?ref=share>

Instagram: [S.D. College-gsp](https://www.instagram.com/S.D.College-gsp)

YouTube: <https://www.youtube.com/channel/UCKenaiCllkYYbtGWzY54uiw>

Contact us: 01874-502681

SAFE HOSTEL AND P.G FACILITY AVAILABLE FOR WORKING WOMEN

PT. MOHAN LAL S.D. COLLEGE FOR WOMEN, GSP
AFFILIATED TO GNDU JASR, HE ACCREDITED 'A' GRADE BY NAAC
PROVISIONAL IN PUNJAB UNIVERSITY

ACADEMIC PROGRAMS

B.Voc	10-1
B.Voc	10-2
B.Voc	10-3
B.Voc	10-4
B.Voc	10-5
B.Voc	10-6
B.Voc	10-7
B.Voc	10-8
B.Voc	10-9
B.Voc	10-10
B.Voc	10-11
B.Voc	10-12
B.Voc	10-13
B.Voc	10-14
B.Voc	10-15
B.Voc	10-16
B.Voc	10-17
B.Voc	10-18
B.Voc	10-19
B.Voc	10-20
B.Voc	10-21
B.Voc	10-22
B.Voc	10-23
B.Voc	10-24
B.Voc	10-25
B.Voc	10-26
B.Voc	10-27
B.Voc	10-28
B.Voc	10-29
B.Voc	10-30
B.Voc	10-31

ADMISSION OPEN
10-11 AND 10-12 in All Streams