

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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GGSDS Society Chd.**



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Principal



Dr. (Mrs.) Khushboo

Editor



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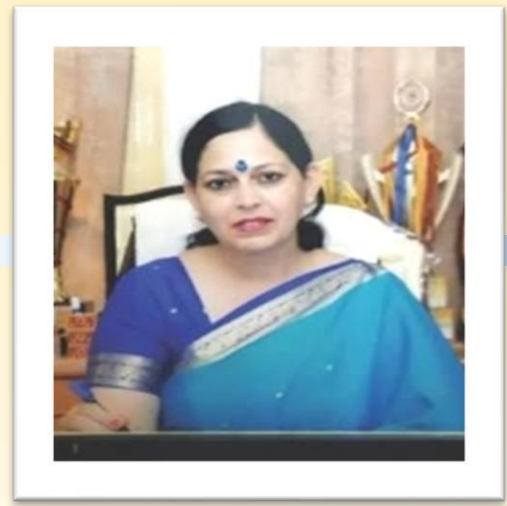
Editor



Er. Harpreet Singh

Technical Expert





Dear Sdians...

It gives me immense sense of fulfilment when I look at the monthly 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



REGIONAL SEMINAR



PG Department of Commerce organised a Regional Seminar on 'Corporate Social Responsibility' in which 49 students from 12 different colleges participated enthusiastically. Students through PowerPoint presentations presented their views on the broad spectrum of given theme. The few topics covered were: 'Responsibility towards Stakeholders through CSR;' 'Corporate Governance;' 'Analysis of Corporate Governance Practices of ITC Ltd.;' 'Study on Green Practices of selected companies in corporate sector'; 'Green Finance'; 'A study of CSR initiatives adopted by Tata Steel Co.;' 'Sustainability report of Godrej Ltd.;' 'Government initiative towards CSR'; 'CSR expenditure of top 30 Indian companies' and 'An analysis and sustainable innovative business practices. Dr. Harpreet Singh Chahal, Associate Prof. in Commerce, GNDU Regional Campus, Gurdaspur was the Chief guest of the day. He said CSR is the need of the hour. The company owes a lot towards its stakeholders and hence it becomes the moral duty of the company to pay them back in any possible manner they can. She applauded the efforts of Mrs. Seema Mahajan, Head Commerce department Mrs. Money, Dr. Khushboo, Ms. Rythema, Ms. Manbir and Ms. Sonali for their sincere efforts to make this event a success.

The department displayed wall magazine on the same day, in which students of Commerce department prepared charts on different topics like Digital Marketing, Trading Flow Chart, Journey of Indian Currency, Financial Planning Process and e-commerce etc.



FDP ON PSYCHOLOGICAL WELL BEING OF WORKING WOMEN



The FDP committee of the college organised a Faculty development programme on 'Psychological Wellbeing of Working Women.' Dr. Davinder Singh Johal, Associate Professor, Department of Psychology, Guru Nanak Dev University, Amritsar was the resource person. Working women play multiple roles at work and at home while being constrained for time, which may contribute to health problems, stress, anxiety, and other negative outcomes. He said that the four dimensions. Hope, efficacy, resilience and optimism have the potential of playing an important role to help any employee to overcome the challenges at work and in managing stress. He deliberated that It is pivotal for women to feel confident about the skills, abilities, and knowledge that they bring to the workplace, considering the societal skepticism about their efforts and abilities to perform. Principal Dr. Neeru Sharma said that Today, women's roles are emerging differently with new commitment and career oriented as well as their commitment to families. So, this in turn leads to stress and strain among working women. She said that by positively managing and supporting employees' psychological wellbeing, every employer can ensure that their staff can perform to their potential and this allows the organizations to achieve peak performance. She appreciated the FDP committee incharges Mrs. Jyoti Saini, Mrs. Sandeep Kaur Goraya and Mrs. Money Ohri for organizing such an insightful session on this vital issue.



WORKSHOP ON STRESS MANAGEMENT & SEMINAR ON BLOOD DONATION



A workshop on 'Stress Management' was conducted for hostellers at Smt. Hira Devi Hostel in the college premises. Counsellor Ms. Kanika explained how stress is a part of human life and explained causes of stress and its effects on body and mind. She explained in detail the strategies to manage stress effectively. She gave some tips on how to maintain a healthier lifestyle and to prepare students to cope with the stress of everyday living like structuring each day to include a minimum of 20 minutes of aerobic exercise, eating balanced meals, more whole grains, nuts, fruits and vegetables, substitute fruits for desserts, avoid caffeine and getting at least 7 hours of sleep. Principal honoured the resource person with a token of gratitude. Hostel committee incharges also attended the session.



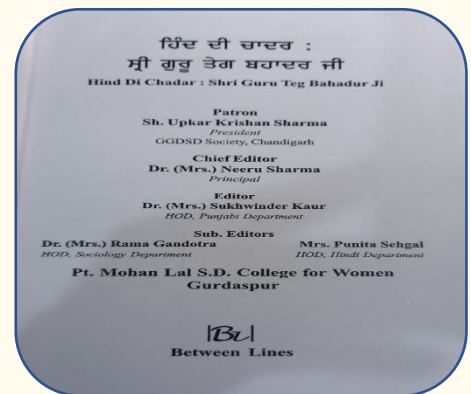
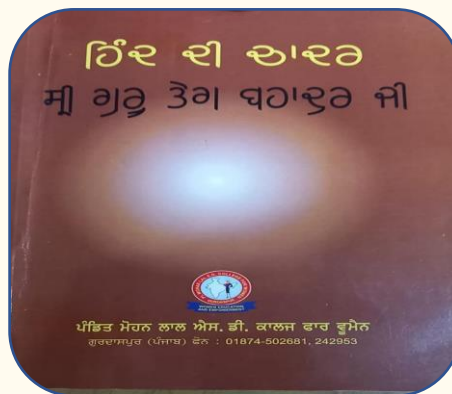
A seminar on blood donation was organised by the Red Ribbon club of the college. 50 students attended the seminar. Ms. Neha (Asst. Prof. in Zoo) gave a seminar through power point presentation. She explained about the eligibility of blood donation, blood matching and its compatibility, benefits to the 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. At the last Mrs. Gurdeep Kaur, HOD Science Department thanked all students and science faculty for attending such informative lecture.



KARVA CHAETH EXHIBITION & BOOK RELEASE



The Fashion Designing department of the college organised an exhibition to celebrate the spirit of Karwa Chauth festival and to showcase the talent and entrepreneurial skills of the students. In the exhibition, students exhibited their talent through myriad stalls on tie and die, block and screen printing and utility items, apparel accessories, scarves, stoles, wall hangings, dupattas, mirrors, jewellery, bangles, decorative thalis and various handicrafts. Principal, staff and students bought accessories from the stalls. The Cosmetology department offered beauty and mehndi services in the campus at reasonable prices. The whole staff celebrated Karwa Chauth with full enthusiasm.



The proceedings of a national seminar conducted by the department of Punjabi, Sociology and Hindi on 'Guru Teg Bahadur Ji: Hind Ki Chadar' was released in the form of a book by the worthy management. Madam Principal Dr. (Mrs.) Neeru Sharma is the chief editor of the book, Dr. Sukhwinder Kaur is editor and sub-editors are Dr.(Mrs.) Rama Gandotra and Mrs. Puneeta Sehgal. 30 eminent writers have contributed their articles in this book.



DIWALI CELEBRATIONS WITH STAFF & DIWALI EXHIBITION



Teaching, Non-teaching and supportive staff and Principal Dr. (Mrs.) Neeru Sharma celebrated Diwali together in the college premises. Principal and staff lit candles & diyas and Diwali pooja was performed. Floral decor was the main attraction. Interesting activities like tambola and passing pass etc. were arranged for staff. An elaborate special lunch was arranged to add to the festive mood. Principal Dr. Neeru Sharma distributed Diwali gifts sent by management and sweets among staff. She wished one and all a joyous, prosperous and blessed Diwali.



The Fashion Department and Fine Arts department of the college organised an exhibition to celebrate the spirit of the Diwali festival. In this exhibition, students exhibited their talent through beautiful stalls on tie and die, block and screen printing and utility items, apparel accessories, scarves, stoles, wall hangings, paper lanterns, mirrors, candles, diyas and various handicrafts and artifacts. Principal Dr.(Mrs.) Neeru Sharma said that such events are necessary for the students as they come to know more about the rich culture and heritage of India. She appreciated students and event incharges Mrs. Harsha, Mrs. Param and Mrs. Kiran for putting efforts in making such creative handmade products.



‘SHARING HAPPINESS WITH OTHERS’ : DIWALI PROJECT & DIWALI CELEBRATIONS IN HOSTEL



The Central Association of the college celebrated the Diwali festival in a very different and unique way. Under the project ‘Sharing Happiness with Others-Sarthak Diwali,’ members of Central Association celebrated Diwali at Old age home and Orphanage, Gurdaspur. Students burst firecrackers at the Old Age Home along with elderly people. It gave immense inner happiness to everyone. Packets of cold cream, toothpaste, toothbrush, socks, hanky, biscuits, maggi , soap, shampoo pouches were distributed to the children of the orphanage. Sweets, candles and crackers were also distributed among the children of primary schools of the slum area. Principal Dr.(Mrs.) Neeru Sharma applauded and congratulated incharges Mrs. Samita, Mrs. Gagandeep, Mrs. Rajni, Ms. Jagpreet and Ms. Kajal for this noble deed.



The hostellers along with the members of the Hostel committee celebrated Diwali Night in the college hostel. Madam Principal along with students and incharges lit candles & diyas. An elaborate special dinner was served to all students to add to the festive mood. Madam Principal also enjoyed the festive vibes with the hostellers. Interesting games were organized to make the evening more tricky and fun filled. Madam gave her best wishes to students for their entire stay in the hostel and made them feel at home.



STUDENT ACHIEVEMENT



Ms. Diksha bagged 1st Position in a religious exam held by Shiromani Gurudwara Parbandhak Committee, Amritsar on 26th Oct, 2022 and was awarded with a cash prize of Rs. 5100 and a memento. In this exam, our 40 students participated. 13 students of Punjabi department got scholarship worth Rs. 3100 each. Principal Dr.(Mrs.)Neeru Sharma congratulated Dr. Sukhwinder, Mrs Harjeet and students of Punjabi department on winning cash prizes.



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

PT. MOHANLAL'S-D-COLLEGE
FOR WOMEN

"आदर्श अनुशासन मर्यादा ईमानदारी तथा उच्च मानवीय

मूल्यों का बिना किसी भी 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 ODU JASRI, RE ACCREDITED 'A' GRADE BY NAAC
DISTINCTION IN UGC & PGC MERITS • TOP POSITION IN UGC & PGC MERITS
• DISTINCTION IN UGC & PGC MERITS • DISTINCTION IN UGC & PGC MERITS

ACADEMIC PROGRAMS

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