

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

[illegible]

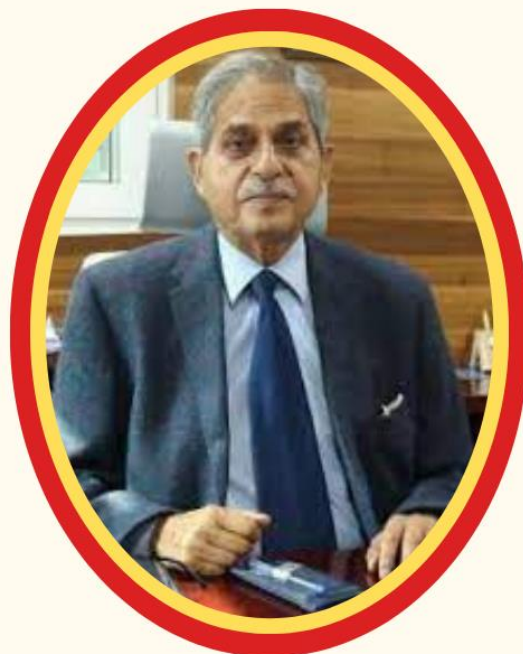
AFFILIATED TO: GURU NANAK DEV UNIVERSITY, AMRITSAR

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

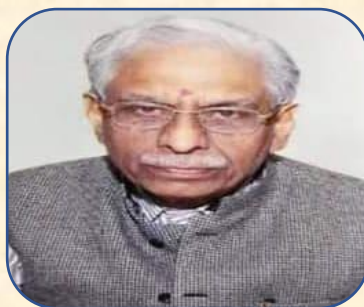
FORMER PRESIDENT GGDSD COLLEGE SOCIETY, CHANDIGARH
FORMER PRESIDENT PTMLSD COLLEGE FOR WOMEN, GURDASPUR
EX-VICE PRESIDENT, EVEREADY INDUSTRIES INDIA LTD.

E-MAGAZINE

‘DARPAN’



Ms. Vaishali Sharma
President,
GGDSD Society Chd.



Dr. PK Bajaj
General Secretary,
GGDSD Society Chd.



Sh. Hiramani Aggarwal
Chairman,
PTMLSD College, Gurdaspur.



Dr. (Mrs.) Neeru Sharma
Chief Editor : Principal



Er. Surkhab Shelly
Editor

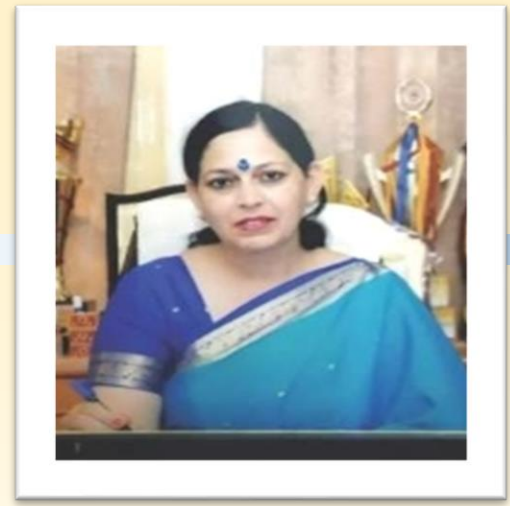


Dr. Khushboo
Editor



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



7 DAYS NSS CAMP PROMOTING SOCIAL RESPONSIBILITY, ENVIRONMENTAL AWARENESS, AND COMMUNITY ENGAGEMENT



The NSS Unit of our college successfully organized a seven-day NSS camp from 15 to 21 December 2025 at the adopted village Rawal Gadaria. With the active participation of 100 NSS volunteers the camp commenced with an inaugural ceremony graced by Dr. Parmjit Singh Kalsi, State and National Awardee as the Chief Guest. Cultural performances, presentations on previous NSS activities, and an outline of the camp objectives set a positive tone for the programme. Throughout the week, volunteers actively engaged in a wide range of activities, including tree plantation drives, campus and village cleanliness campaigns, awareness rallies on drug abuse, environmental pollution, unemployment, cyber safety, and social evils, as well as beautification of the college campus and nursery area. Saplings were planted at community places such as temples, gurdwaras, and community halls to promote environmental sustainability. The camp also featured educational and skill-enhancing sessions, including lectures on cyber crime awareness, seasonal nursery innovation, environmental conservation, and expressive debate, delivered by experts. A hands-on workshop on plant propagation highlighted the importance of medicinal plants. Community outreach initiatives such as the 'Each One Teach One' programme at the village primary school strengthened the bond between students and the local community. A special 'Change Maker Event' further motivated volunteers to take responsibility for cleanliness, aesthetics, and environmental protection by reorganizing the nursery, repainting flower pots, and arranging nearly 500 saplings. The valedictory ceremony was graced by eminent writer and journalist S. Balwinder Balm as the Chief Guest, who inspired students to work with dedication, uphold ethical values, and contribute positively to society. The College Principal appreciated the sincere efforts of the NSS Programme Officers Dr. Sukhwinder Kaur and Mrs. Samita Khajuria and volunteers, highlighting the role of NSS activities in the holistic development of students.



SHORT-TERM COURSE ON INTERNSHIP-BASED DIGITAL ENTREPRENEURSHIP SKILLS



The Department of Computer Science in collaboration with IQAC and IIC organized a Short-Term Course titled 'Internship-Based Learning Through Digital Entrepreneurship Skills' from 24 to 29 December 2025 for BCA third-semester students. The programme was designed to enhance students' employability, digital competencies, and entrepreneurial outlook. The course commenced with an inaugural address by Mrs. Poonam Seth, Head of the Department, who familiarized students with the concept of internship-based learning and the scope of digital entrepreneurship. Er. Rohan Dhawan and Er. Paramveer Singh from Wisdom Solution, Pathankot, conducted interactive sessions on digital identity creation, personal branding, social media entrepreneurship, and digital marketing. Practical exposure to e-commerce platforms, website fundamentals, online payment systems, and business pitching was provided by Er. Ashwani Kumar. Additionally, a special lecture by Er. Sachin Mahajan focused on digital empowerment, online learning opportunities, and digital safety. The programme concluded with student presentations and feedback. The College Principal Dr. (Mrs.) Neeru Sharma appreciated the initiative and congratulated the Computer Science department for successfully organizing the course, highlighting its significance in preparing students for future career opportunities.



SHORT-TERM COURSE ON PERSONALITY DEVELOPMENT AND COMMUNICATION SKILLS



Under the aegis of the Internal Quality Assurance Cell (IQAC) and the Institution's Innovation Council (IIC), the Department of English organized a short-term course titled 'Personality Development and Communication Skills' from 15 to 26 December 2025. The course was designed to enhance students' personality, self-confidence, and communication competence. The programme included interactive and practical sessions on public speaking, spoken English, professional etiquette, group discussions, and interview skills. Special emphasis was placed on developing effective interpersonal skills, workplace readiness, and overcoming stage fear, thereby improving clarity and confidence in expression. The course was conducted by Mrs. Sakshi Saini, who ensured active participation and engagement of students throughout the programme. Certificates were awarded to all participants upon the successful completion of the course. College principal appreciated efforts of English department.



SKILL DEVELOPMENT COURSE ON 'INNOVA-COM: DESIGN THINKING & SMART START-UP DEVELOPMENT'



Under the aegis of the Internal Quality Assurance Cell (IQAC) and the IIC the Postgraduate Department of Commerce organized a skill development course titled 'INNOVA-COM: Design Thinking & Smart Start-up Development' from 15 to 26 December 2025, with the aim of fostering innovation, creativity, and entrepreneurial competencies among students. A total of 43 students enrolled in the course. The course emphasized the development of practical and analytical skills through structured sessions on design thinking, empathy and problem identification, ideation and brainstorming tools, and prototype development. Mrs. Seema Mahajan, Head, Department of Commerce, along with faculty members Mrs. Money Ohri, Dr. Ravneet Kaur, and Dr. Khushboo Aggarwal, conducted interactive sessions using PowerPoint presentations, ensuring an engaging and effective learning experience. A guest lecture by Ms. Geetika Mahajan, a young entrepreneur and Senior Editor at SAKS Global, Bengaluru, provided students with valuable insights into start-up culture. The programme also included an educational visit to local marts in Gurdaspur, offering practical exposure to market operations and consumer behavior. The course concluded with a quiz to assess learning outcomes and the collection of student feedback to evaluate programme effectiveness. Upon successful completion, certificates were awarded to all participants by the College Principal.



SHORT-TERM COURSE ON BIOTECHNOLOGY



The Department of Science in collaboration with IQAC and IIC organized a short-term course on Biotechnology, with Dr. Rajwant Kaur and Mrs. Geeta Sharma as course incharges. The course witnessed enthusiastic participation from 28 students and provided an enriching learning experience through a blend of interactive lectures, practical demonstrations, and industrial exposure. During the course, students were introduced to both fundamental and advanced concepts of biotechnology, including plant tissue culture, micropropagation, DNA isolation, agarose gel electrophoresis and bioreactors. Hands-on training enabled students to gain practical experience in laboratory techniques such as media preparation and sterilization, as well as the use of modern equipments. To enhance experiential learning, students visited the college herbal garden, 'Green Gold: A Whiff of Herbal Wonders,' where they studied medicinal plants and the Insulin Plant, gaining insights into their botanical characteristics and medicinal value. An industrial visit to the Verka Milk Plant, Gurdaspur further familiarized students with dairy processing, quality control measures, and the application of biotechnology in food production. The course not only strengthened students' theoretical understanding but also enhanced their practical skills, critical thinking, and interest in pursuing careers in biotechnology. It concluded with a valedictory session and certificate distribution, marking the successful completion of the programme and celebrating the achievements of all participants.



SHORT-TERM COURSE ON VEDIC MATHS



Under the aegis of IQAC and IIC, the Department of Mathematics organized a short-term course on “Vedic Maths” from 15 to 24 December 2025. A total of 26 students enrolled in the course. The primary objective of the programme was to equip students with quick and effective mathematical techniques to enhance speed, accuracy, and confidence in problem-solving. The course was conducted by Mrs. Eti Mahajan, Course In-charge, who covered a range of Vedic Mathematics techniques, including multiplication by 11, two-digit and three-digit multiplication, squaring of numbers between 50 and 60, squaring of numbers ending in 5, and multiplication by 9. To assess learning outcomes, board tests and written tests were also conducted during the course. The programme concluded with a valedictory ceremony, during which certificates were awarded to the participants by the College Principal. She appreciated the dedicated efforts of Mrs. Eti Mahajan, and the entire Department of Mathematics for the successful organization of the course and encouraged them to initiate more such skill-based programmes in the future.



7 DAY TRAINING PROGRAMME ON EMPLOYABILITY & DOMAIN SKILLS



Under the aegis of IQAC, IIC and Career Counselling Cell, Departments of Computer Science, Science, and Commerce jointly organized a seven-day training programme on 'Employability & Domain Skills' from 17 to 23 December 2025, in association with Mahindra Pride Classroom (MPC) and the Naandi Foundation. The programme was conducted with the objective of enhancing employability, professional competence, and industry readiness among final-year students. The training programme comprised a series of interactive sessions focusing on communication skills, résumé writing, interview preparation, workplace etiquette, confidence building, and domain-specific skills. These sessions were delivered through engaging lectures, practical exercises, activities, and real-world case discussions. Mr. Linconjit Pal Singh and Ms. Mannat, Senior Trainers from the Naandi Foundation, efficiently coordinated the programme and ensured its smooth execution in two batches, benefiting a total of 145 students. Their participative approach actively engaged students throughout the programme. They also encouraged students to make optimum use of such platforms to enhance their career prospects. The students participated enthusiastically and shared positive feedback, stating that the training substantially improved their confidence, communication skills, and understanding of professional workplace requirements. College Principal acknowledged the dedicated efforts of Mrs. Sandeep Kaur Goraya, In-charge, Career Counselling, Placement and Guidance Cell, Dr. Ravneet Kaur, IIC Convener, and Er. Ashwani Kumar, Technical Expert, for the successful organization of the programme. She also acknowledged the valuable support of Mahindra Pride Classroom and the Naandi Foundation and honored the resource persons. This program marked a significant step towards strengthening employability-oriented education to the students.



FINANCIAL ASSISTANCE TO FLOOD AFFECTED GIRL STUDENTS



Sarbat Da Bhala Charitable Trust provided financial assistance to flood-affected girl students of our college by donating a cheque of ₹2 lakh under the Sunny Oberoi Scholarship Scheme. The initiative, led by renowned social worker and Trust founder Dr. S. P. Singh Oberoi, aims to support underprivileged students in continuing their education despite adverse circumstances. This cheque was formally presented to the College Principal by the Trust's Education Director Ms. Inderjit Kaur Gill, District President Mr. Ravinder Singh Matharu, and Legal Advisor Advocate Harshmeet Singh. This financial support will benefit 30 flood-affected and economically weaker girl students of the college. The Trust representatives also shared that Dr. S. P. Singh Oberoi dedicates nearly 98% of his income to philanthropic initiatives focused on education and social welfare.

TRIBUTE TO CHHOTE SAHIBZADE



A solemn programme was organized at the college to pay tribute to the Shaheedi (martyrdom) of the Chhote Sahibzade. The objective of the programme was to remember their supreme sacrifice and to inspire students with the values of courage and bravery. A documentary depicting the life and martyrdom of the Chhote Sahibzade was screened, which deeply moved the audience and highlighted the historical significance of their sacrifice. The programme concluded with a speech emphasizing the bravery, strong faith and moral strength of the Chhote Sahibzade. The event proved to be meaningful and educational, leaving a lasting impact on the students.



WORKSHOPS BY FINE ARTS AND COSMETOLOGY



The Cosmetology Department organized a workshop on 'Winter Glow' that aimed to promote awareness about natural skincare practices. Students were given practical training on how to prepare natural face packs, scrubs, rose water, and sunscreen using simple kitchen ingredients. The session emphasized the benefits of chemical-free skincare and the importance of adopting safe and sustainable beauty practices. The workshop was efficiently coordinated by Mrs. Kulwinder Kaur, Asst. Prof in Cosmetology.

The Fine Arts Department organized a one-day workshop on 'Mandala Art' that aimed to promote creativity, concentration and mental well-being among students. The workshop was efficiently coordinated by Mrs. Kiran, Asst Prof in Fine Arts. It helps in improving focus, patience and emotional balance. During the workshop, students were introduced to the basic concepts, techniques and significance of Mandala Art.

VERMICOMPOST STALL



The Department of Science, and Eco Club under IQAC jointly organized a vermicompost stall that was set up in the college premises. The college's Vermicomposting Unit produced 110 kg of high-quality vermicompost, which was purchased by staff members and students. This initiative aimed to promote waste recycling, organic farming, and sustainability on campus. The activity also helped generate funds to support future environmental projects and initiatives.

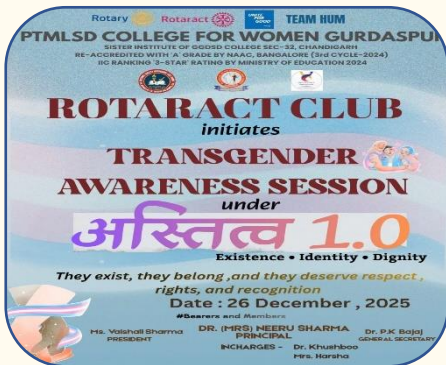


GOVERNOR OF PUNJAB MEETS BORDER AREA COLLEGE PRINCIPALS



The Hon'ble Governor of Punjab convened a meeting of Principals from border area colleges at Lok Bhawan, Chandigarh, on 28 December 2025. The meeting was attended by the Principal of our college, Dr. (Mrs.) Neeru Sharma. Discussions focused on the major challenges faced by border area institutions, with special emphasis on girls' education, transportation facilities for students from remote areas, and the rising drug menace among youth. The role of educational institutions in promoting student safety, awareness, and holistic development was also highlighted. The meeting concluded with constructive suggestions to strengthen border area colleges and enhance student welfare.

AWARENESS SESSION ON TRANSGENDER IDENTITY



The Rotaract Club in collaboration with RID 3070 conducted an awareness session on transgender identity 'Astitva 1.0 – Existence • Identity • Dignity.' The session aimed at spreading awareness about gender identity and human rights of transgender persons. A video on gender identity was shown to the audience to help them understand the concept in a simple and sensitive manner. The event was coordinated by Rtr. Ruby Bains, Rtr. Trisha, and Rtr. Navdeep, who took charge and conducted the entire session smoothly. They discussed myths versus facts and everyday challenges faced by transgender persons. During the interaction segment, Rotaractors shared their views and reflections, expressing the need for empathy, sensitivity and equal opportunities for all gender identities.



CELEBRATION OF INTERNATIONAL HUMAN RIGHTS DAY



The Department of Social Science, in collaboration with the NSS Unit of the college, celebrated International Human Rights Day. On this occasion, faculty members from the Social Sciences Department highlighted the importance and history of human rights. NSS volunteers and members of the Social Science Club actively participated in a slogan writing competition and an awareness rally. Additionally, participants attended a live conference organized by the National Human Rights Commission, further enriching their understanding of human rights issues and contemporary challenges.

FACULTY PARTICIPATION IN NATIONAL CONFERENCE ON NAAC OUTCOME-BASED ACCREDITATION



On 5th December 2025, four faculty members (Dr. Rama Gandotra, Mrs. Savita Nanda, Mrs. Surkhsh Shelly and Dr. Dinesh Sharma) from our college participated in a National Conference on “Transformative Quality Assurance under NAAC Outcome-Based Accreditation”, held at GGDSD College, Chandigarh, under the PM-USHA Scheme. The conference featured expert sessions by representatives from NAAC, UGC, Panjab University, NITTTR, and other reputed institutions, focusing on outcome-based accreditation practices and quality benchmarks in higher education. Subsequently, on the following day, Dr. Rama Gandotra, IQAC Coordinator, shared the key insights and learnings from the conference with the college staff.



COMMEMORATING THE 350TH MARTYRDOM ANNIVERSARY OF SRI GURU TEG BAHADUR JI



Guru Nanak Dev University, Amritsar, organized a special programme to commemorate the 350th Martyrdom Anniversary of Sri Guru Teg Bahadur Ji. Ms. Navjot Kaur, a student of B.Sc. (3rd Semester) from our college, participated in the programme. The programme, organized by the Department of Music, GNDU Amritsar, laid special emphasis on the purity of shabad, adherence to raga discipline, and expressive presentation.

WORLD AIDS DAY CUM AWARENESS DRIVE



In accordance with the directions of the Assistant Director, Youth Services, Gurdaspur World AIDS Day was observed jointly by the NSS Unit, Red Ribbon Club, and the Department of Sociology. As part of the observance, a documentary titled “Zara Se Galti” was screened to sensitize students about HIV/AIDS, focusing on its transmission, preventive measures, and the importance of responsible behaviour. Following the screening, Dr. Rajwant Kaur, Assistant Professor in Botany, delivered an informative lecture addressing common myths and facts related to HIV/AIDS. The programme concluded with an impactful address by Dr. Rama Gandotra, who encouraged students to spread awareness, eliminate stigma, and actively contribute towards building an informed and compassionate society.



SPORTS ACHIEVEMENTS



- Our student Arshdeep Kaur got Silver medal in Khelo India University Games held at Bharatpur, Rajasthan.
- Our student Arshdeep Kaur won Gold medal, Pooja won silver medal and Simar Sharma won bronze medal in different weight categories in Inter college Taekwondo championship held at GNDU, Amritsar.

COMMEMORATING VANDE MATARAM

It is a matter of pride for all of us that we are witnessing 150 years of Vande Mataram - our national Song. On 1st October 2025 the Cabinet approved country wide celebrations for the 150th anniversary of 'Vande Mataram' to foster an impactful movement to connect citizens, Youth and students. It is a powerful patriotic poem written by Bankim Chandra Chattopadhyay in 1875. There are moments in a nation's Life when its identity is not merely argued or legislated into being but sung into precedence. The creation of Vande Mataram was one such moment in India's awakening, when 'Anandamath' offered the country a divine feminine form through which to imagine itself. Its animating impulse is civilisational memory with a recognition that people belonging to multiple religions, languages and lifeworld's can be bound by a shared cultural sensibility. This capaciousness enabled Tagore's universalism, Aurobindo's mysticism, Gandhi's ethical politics and Ambedkar's constitutional imagination to coexist within one intellectual horizon. (Shubhrastha)

Vande Mataram is not just a Song. It is a collective consciousness of India and was the rallying cry of Freedom fighters during the struggle for Independence. Bankim Chander Ji wrote first two stanzas in 1875 and other four in 1882 for publication in 'Anandmath' (Novel by B.C, depicting ascetic warriors fighting for India). Bankim Chandra's 'Anandmath' is considered a foundational text for understanding Indian nationalism. His most influential Idea was to imagine the nation as the motherland. Vande Mataram became a rallying cry for the nationalists, especially during the swadeshi movement of 1905(IndianExpress).

The purpose of commemorating Vande Mataram, especially during its 150th anniversary is to celebrate Indian's national spirit, foster patriotism, promote cultural heritage and honour its pivotal role in freedom struggle that united people, transcending divisions for national Pride and identity. Of course, such celebrations are very Important for reconnecting citizens especially youth with timeless message of 'Love for Motherland". In 1905. both singing the song in public and sloganeering were banned by the British. Many people were arrested for the violations. The ban was lifted in 1937. After that it began to be routinely sung in the schools and Provincial Legislative Assemblies. (Salil Misra) Historical records on the events leading up to the adoption of Vande Mataram are available in Sabyasachi Bhattacharya's work 'Vande Mataram' which speaks of Netaji Subhash Chandra Bose being eager that it should be adopted by the Congress. The book says that Nehru Ji found the language of 'Vande Mataram' difficult. Subsequently the Congress Working Committee on October 29, 1937, adopted first two stanzas of the song and on 24 January 1950 it was adopted as India's national song. (TheTribune)

As nation was celebrating 150th year, issue was also taken up for discussion in Indian Parliament. While speaking in his address to the House, Prime Minister Narendra Modi Said that Vande Mataram contained the cultural energy of thousands of years. It was all-encompassing mantra that inspired freedom sacrifice and resilience. Prime Minister also highlighted in his speech that it was Vande Mataram which led the country to independence in 1947. The PM recalled that Gurudev Rabindranath Tagore had written, "Bound in one thread are thousands of minds dedicated to one work and that is - Vande

Mataram". Recalling Gurudev's words that Bankim Chandra's Anandmath is not merely a novel- it is a dream of a free India, the Prime Minister emphasized the profound significance of this song, noting that every line, every word, and even emotion in this composition carried deep meaning. PM Modi quoted Mahatma Gandhi's 1927 remark that Vande Mataram presents before us a picture of undivided India. He noted that Sri Aurobindo described Vande Mataram not just as a song, but as a mantra - one that awakens inner strength. While concluding he extended congratulations to all citizens on the completion of 150 years of Vande Mataram. (PM India) After that heated discussion and politics of accusing each other started which sent wrong message to the public. Prime Minister targeted the Congress and accused the grand old party of truncating it to appease the Muslim League and Mohammad Ali Jinnah. The PM said that J.L. Nehru agreed with Jinnah's concerns about the song and important Stanzas were omitted from the national song, putting the country on the path of appeasement politics that ultimately led to the partition. While answering back, Congress President Shri Malikarjun Kharge made very clear in the Parliament that decision to use only the first two stanzas of 'Vande Mataram' was collectively taken by leaders like Mahatma Gandhi and Rabindranath Tagore. (The Hindu) He even accused BJP that when Non-Cooperation movement started in 1921, Congress members were going to Jail chanting Vande Mataram and they(RSS) were working for the British. Senior Congress leader Priyanka Gandhi said the it was an attempt to keep people mired in the past and distract them from the Government's failures, present day problems and future challenges. (Indian Express)

Just reminder that one Parliament session costs around 9 crores a day. Sessions are important for taking up national issues for discussion. Very important Issues like unemployment, Indigo problem, sustainable problem, development and foreign relations are given secondary importance. Healthy discussions in India's Parliamentary debates are considered a cornerstone of a vibrant democracy that builds public trust and leads to better laws. It allows for government's accountability and representation of diverse public interests. Frequent disruptions, adjournments and a focus on political point scoring rather than substantive issues often hinder meaningful dialogue. Meaningful discussions are very important for smooth and transparent functioning of the Parliament. Thoughts and viewpoints of the members should be above party politics, defending national Interests and taking in a country where we are talking about Viksit Bharat, such discussion will not lead to the attainment of this goal by 2047. Air is unbreathable, water is undrinkable and food is adulterated. Growth is happening but uneven. Some cities race ahead, others still struggle with basic mobility and services. Yes, India became the 4th largest economy in 2025 but what is the point of growth if people can't live with dignity? Vande Mataram is not just patriotic song but a powerful reminder of India's spirit and unity. Vande Mataram was the mantra of freedom, the mantra of sacrifice, the mantra of energy, the mantra of purity, the mantra of dedication, the mantra of renunciation and penance and the mantra that gave strength to endure hardships.

So, let's maintain dignity of this song and celebrate it in the true sense by working towards making India truly a 'Viksit Bharat' in 2047. This song is fully

ingrained in Indian soul. It is our fundamental duty to show respect to all our national symbols and national Ideals which helped India to achieve independence. If India is to uphold a nationalism worthy of its civilisational heritage, It must acknowledge the spiritual and literary foundations of its freedom struggle, nurture symbols that weave community rather than fracture it and trust the plural Instincts of its people more than the insecurities of its politics.

References

- Salil Misra, 'The Many Lives and Unenviable Destiny of Vande Mataram', The Indian Express, 10 December 2025, P.13.
- Shubhrastha, 'Vande Mataram: A Nod to Culture not Theology', Hindustan Times, 22 December 2025, P. 7.
- The Tribune, 8 December 2025, P.8
- Dainik Bhaskar, 9 December 2025, P.1
- Indian Express, 9 December 2025, P.1 & P.12
- The Hindu, 9, 10 December 2025 4.004pm IST, New Delhi (Online)
- PM India at <http://www.pmindia.gov.in> (From Prime Minister Office)

**DR. NEERU SHARMA, PRINCIPAL,
PT. M.L.S.D COLLEGE FOR WOMEN,
GURDASPUR**

GREEN BEGINS AT HOME

Green begins at home, where small daily habits can make a big difference to our planet.

Our home is the place where we spend most of our time, and it is also the best place to start protecting the environment. A green home is one that uses natural resources carefully, avoids waste, and supports a healthy lifestyle. When each family makes small changes, together they create a big positive impact on nature.

One of the most important ways to keep our homes green is by saving electricity. Electricity is usually produced by burning fuels, which causes pollution. We can reduce this pollution by using energy wisely. Switching off lights, fans, and electronic devices when they are not in use is a simple habit. Using LED bulbs instead of regular bulbs saves energy and lasts longer. During the daytime, we should open windows and let natural sunlight and fresh air come into our homes. Energy-efficient appliances also help reduce power consumption.

Another important step towards a green home is saving water. Water is a precious resource, but it is often wasted in our daily life. Simple actions like closing the tap while brushing teeth, repairing leaking taps, and using a bucket instead of a shower can save many litres of water. Rainwater harvesting is a

very useful method where rainwater is collected and stored for gardening and cleaning. Reusing water from washing vegetables for plants is also a good habit.

Plants play a major role in keeping our homes green and healthy. They are nature's gift that help clean the air and create a peaceful environment. Indoor plants absorb carbon dioxide and release oxygen, which improves air quality and makes breathing easier. Some plants also remove harmful gases from the air, making our homes safer and fresher. Having plants around us reduces stress, improves mood, and brings positivity into our daily life. A home filled with greenery feels calm, fresh, and welcoming. There are many easy-to-grow indoor plants that are perfect for homes. Plants like *money plant*, *snake plant*, *aloe vera*, *peace lily*, *areca palm*, and *spider plant* are very popular because they need little care. The money plant grows well in both soil and water and can be placed in glass bottles or pots. The snake plant is excellent for beginners as it survives with less water and light. Aloe vera is useful for skin care and also improves air quality. Peace lilies and areca palms add beauty while purifying the air.

Even in small homes or apartments, lack of space is not a problem. Plants can be grown creatively in many ways. Hanging pots are a great option for balconies, windows, and corners of rooms. Wall-mounted planters save space and look decorative. Windowsills are perfect places to keep small pots that receive sunlight. Shelves can be used to arrange plants neatly and beautifully. Vertical gardens are becoming popular and allow many plants to grow in a small area. Balcony gardening is one of the best ways to keep homes green. Balconies

receive good sunlight and fresh air, making them ideal for growing plants. Flowering plants like roses, jasmine, marigolds, and hibiscus can be grown in pots. These flowers make the home colourful and fill the air with a pleasant fragrance. Balcony gardens also attract birds and butterflies, which brings us closer to nature.

Kitchen gardens are another wonderful idea for a green home. They allow us to grow fresh and healthy vegetables at home without using chemicals. Common vegetables like tomatoes, chillies, spinach, coriander, mint, fenugreek, and curry leaves can easily be grown in small pots or containers. Herbs such as basil, mint, and rosemary grow quickly and are useful in daily cooking. Growing our own food saves money, reduces plastic waste, and ensures that we eat fresh and nutritious food.

Using recycled items for planting is a creative and eco-friendly idea. Old plastic bottles, buckets, tins, broken cups, and wooden boxes can be reused as plant pots. This reduces waste and gives a second life to old items. Painted bottles or decorated pots also add beauty to the home. Clay pots are a natural and eco-friendly option as they keep plant roots cool and healthy. Caring for plants teaches us responsibility and patience. Watering plants regularly, giving them sunlight, and removing dry leaves help them grow well. Compost made from kitchen waste can be used as natural fertilizer, which is safe for plants and the environment. Rainwater can also be collected and used for watering plants.

Trees and plants help us feel connected to nature even in busy city life. They remind us of our duty to protect the environment and live in harmony with

nature. When every home grows even a few plants, it helps reduce pollution and makes our surroundings greener and healthier. Truly, plants turn houses into living, breathing green homes. Managing waste properly is another key part of green living. Every day, homes produce a lot of waste, much of which can be reduced. We should follow the three Rs – Reduce, Reuse, and Recycle. Reducing waste means buying only what we need and avoiding unnecessary packaging. Reusing items like jars, bottles, and bags helps reduce garbage. Recycling paper, plastic, metal, and glass keeps waste out of landfills. Separating dry and wet waste at home makes recycling easier. Kitchen waste can be turned into compost, which is useful for plants and gardens.

Avoiding plastic is an important step in protecting the environment. Plastic takes hundreds of years to decompose and causes serious pollution. At home, we can use cloth bags instead of plastic bags, steel or glass containers instead of plastic ones, and paper or metal straws instead of plastic straws. Saying no to single-use plastic is a small decision that makes a big difference.

Using eco-friendly products also helps keep our homes green. Many cleaning products contain harmful chemicals that pollute water and air. Natural cleaners made from vinegar, baking soda, and lemon are safe and effective. Choosing biodegradable soaps, detergents, and personal care products protects both our health and the environment. Using handmade or local products also reduces pollution caused by transportation.

Food habits also play an important role in green living. Avoiding food waste is very important. We should cook only the amount of food we need and store

leftovers properly. Buying local and seasonal fruits and vegetables reduces pollution and supports farmers. Eating more plant-based food and less packaged food is healthier for both people and the planet.

Teaching children about green habits is equally important. When children learn to care for nature at home, they grow up to be responsible citizens. Simple actions like turning off lights, watering plants, and keeping surroundings clean help build good habits from a young age. Families can work together to make their homes greener and cleaner.

In conclusion, keeping our homes green does not require big money or difficult changes. Small daily habits, when practiced regularly, can protect our environment and improve our quality of life. Saving electricity and water, growing plants, reducing waste, avoiding plastic, and using eco-friendly products are simple steps that everyone can follow. When every home becomes green, our planet becomes healthier. Truly, green begins at home, and together we can build a better and brighter future for the next generation.

MRS. SAMITA KHAJURIA
ASSISTANT PROFESSOR &
INCHARGE OF ECO CLUB
DEPARTMENT OF ECONOMICS

LALA LAJ PAT RAI

Birth and Early Life

Lala Lajpat Rai was born on 28 January 1865 at Dhudike in the Faridkot district of the Punjab Province of British India. He was born into an Agarwal Jain family as the eldest of six children to Munshi Radha Krishna, a government school teacher of Urdu and Persian, and Gulab Devi Aggarwal. He spent a significant part of his early life in Jagraon, where his ancestral house now serves as a library and museum.

Education

Lala Lajpat Rai received his early education at the Government Higher Secondary School, Rewari, where his father was posted. In 1880, he joined Government College, Lahore, to study law. During his college years, he came into contact with prominent patriots such as Lala Hans Raj and Pandit Guru Dutt. He was deeply influenced by Swami Dayanand Saraswati's Arya Samaj movement, which played a crucial role in shaping his social and political ideology.

Role in the Freedom Struggle

Lala Lajpat Rai actively participated in India's freedom movement and became one of the prominent leaders of the Lal-Bal-Pal trio, along with Bal Gangadhar Tilak and Bipin Chandra Pal. After joining the Indian National Congress, he took

part in various political agitations in Punjab and was deported to Mandalay (Myanmar) by the British authorities.

He founded the National College, Lahore, to promote national education, where revolutionaries like Bhagat Singh studied. In 1921, he established the Servants of the People Society, a welfare organization aimed at social reform and national service.

Works and Writings

Lala Lajpat Rai was a prolific writer and thinker. He founded and edited the Arya Gazette and later started the journal Young India while in the United States. His notable work, *The United States of America (1916)*, is a detailed travelogue that reflects his observations on democracy, society, and governance. Through his writings, he strongly criticized British colonial rule and advocated Indian self-rule.

Social and National Contributions

Lala Lajpat Rai made significant contributions to education and social reform. He helped establish the Dayanand Anglo-Vedic (DAV) School, Lahore, and founded R.K. High School in Jagraon. He worked tirelessly against social evils such as untouchability, caste discrimination, and the low status of women. He firmly believed in the teachings of the Vedas and advocated equal access to education and religious knowledge.

Protest Against the Simon Commission

In 1928, Lala Lajpat Rai led a peaceful protest against the Simon Commission in Lahore, raising the slogan “Simon Go Back.” During the protest, he was brutally lathi-charged under the orders of Superintendent James A. Scott. Despite severe injuries, he courageously addressed the crowd, declaring that the blows would prove fatal to British rule in India.

Death

Lala Lajpat Rai succumbed to his injuries on 17 November 1928. Though the British government denied responsibility, it was widely believed that the lathi charge hastened his death. His martyrdom deeply influenced revolutionaries, especially Bhagat Singh, who later avenged his death.

Conclusion

Lala Lajpat Rai, popularly known as Punjab Kesari, was a fearless nationalist, visionary leader, and social reformer. His sacrifice, writings, and institutions played a vital role in strengthening India’s freedom struggle. His life remains a lasting inspiration for courage, patriotism, and service to the nation.

References

- Rai, Lala Lajpat (2003). The Collected Works of Lala Lajpat Rai. Manohar. ISBN: 978-81-7304-618-6
- “Lala Lajpat Rai Birth Anniversary: The Legacy of the Famed Nationalist.” Hindustan Times, 27 January 2020. Retrieved 13 September 2022.
- “Sub-Division, Jagraon, Punjab.” www.jagraonadministration.in, retrieved 5 June 2021.

- Rai, Lala Lajpat (1916). Young India. Huebsch. Retrieved 22 April 2015.

MRS. POOJA

ASSISTANT PROFESSOR

DEPARTMENT OF HISTORY

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

PT. MOHAN LAL S-D-COLLEGE
FOR WOMEN

"शास्त्रं शतधा समं सर्वदा ईमानं तपः तृणादप्युन्नतम्"

Email Id: ptmlsd@gmail.com

Website: www.ptmlsdc.ac.in

Facebook page: <https://www.facebook.com/ptmlsdc.ac.in>

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