

# **PT. MOHAN LAL S.D. COLLEGE FOR WOMEN**

**SH. UPKAR KRISHAN SHARMA BLOCK**

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



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

**A MULTI FACULTY POST GRADUATE INSTITUTE**

**Re - accredited with 'A' grade by NAAC (3<sup>rd</sup> cycle 2024)**

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

**Listed in the Tribune Guide to Best Colleges (25<sup>th</sup> April, 2025)**

**MANAGED BY: GGDSD 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 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**

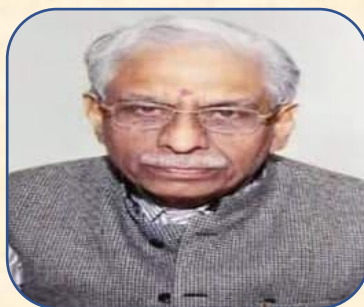
FORMER PRESIDENT GGDSD COLLEGE SOCIETY, CHANDIGARH  
FORMER PRESIDENT PTMLSD COLLEGE FOR WOMEN, GURDASPUR  
EX-VICE PRESIDENT, EVEREADY INDUSTRIES INDIA LTD.

# 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**

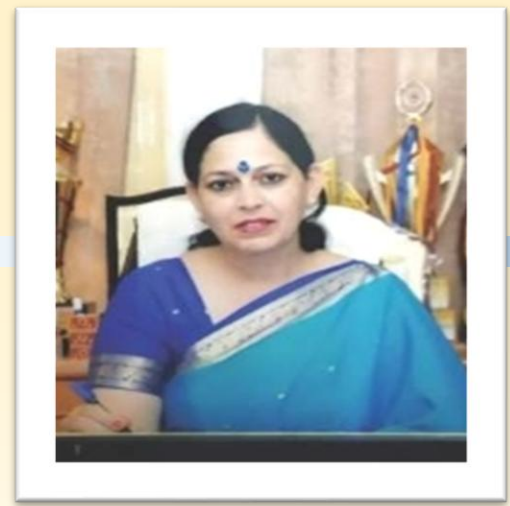


**Dr. Khushboo**  
**Editor**



**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**



# BRIDGING THEORY AND APPLICATION: INSIGHTFUL GUEST LECTURES



The Science Department organized a series of lectures in which the Department of Physics organized a guest lecture on “Fundamentals of Special Theory of Relativity” to deepen students’ understanding of modern physics. The session was delivered by Prof. Gurinder Singh Kalsi, Former Principal, Government College, Gurdaspur, an eminent academician with extensive teaching and administrative experience. The lecture focused on key concepts of the Special Theory of Relativity proposed by Albert Einstein, including the Michelson–Morley Experiment, Lorentz–Einstein Transformations, Length Contraction, and Time Dilation. Prof. Kalsi explained the fundamental postulates of relativity in a simple and engaging manner, making complex theories accessible to students. In continuation of the lecture series, the Department of Chemistry organized a guest lecture on “Importance of Fats and Oils.” The session was delivered by Associate Professor Pawan Malik, Head, Department of Chemistry, S.L. Bawa DAV College, Batala. The speaker emphasized their crucial role as a source of energy and their importance in the absorption of fat-soluble vitamins such as A, D, E, and K. He further elaborated on their role in maintaining body temperature, protecting internal organs, and supporting cellular structure. He encouraged the use of healthier alternatives like vegetable oils rich in unsaturated fats. The lecture also covered industrial applications of fats and oils, including their use in soap manufacturing, cosmetics, lubricants, and food processing industries. Another guest Lecture was organized by the Department of Botany and Zoology where Dr. Mayank Dhar Dwivedi, Department of Botanical and Environmental Sciences, Guru Nanak Dev University, Amritsar, delivered an insightful talk on the topic “Molecular Systematics: Overview of Flowering Plants from India.” He explained how modern molecular tools help scientists understand the evolutionary relationships among flowering plants and assist in their accurate identification and classification. The session was interactive and informative, significantly enhancing students’ understanding of both theoretical and practical aspects of the topic.



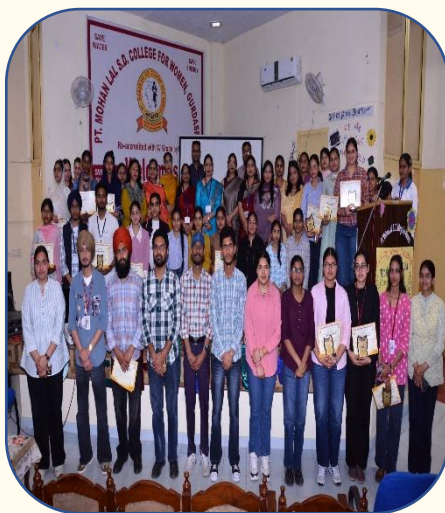
# REIMAGINING COMMERCE: EXPLORING THE ROLE OF AI IN SHAPING THE FUTURE OF BUSINESS



The PG Department of Commerce organized an Inter-College Regional Seminar on “Transforming Traditional Commerce through Artificial Intelligence: A Pathway to Smart Commerce.” The event witnessed enthusiastic participation from 72 students, 27 faculty members, and 5 research scholars representing 14 different colleges. The seminar was graced by Dr. Balwinder Singh, Professor at the University School of Financial Studies and Coordinator, Golden Jubilee Centre for Entrepreneurship and Innovation, Guru Nanak Dev University, who attended as the Chief Guest. In his inspiring address, he shared his journey of perseverance and success, motivating students to remain focused, dedicated, and committed to their goals. He emphasized the importance of self-respect and confidence as the foundation of personal and professional growth. Dr. Singh highlighted the significance of strong communication skills, stressing that clarity of language is essential for effectively expressing ideas. He encouraged students to cultivate independent thinking and writing habits rather than relying excessively on Artificial Intelligence. While acknowledging AI as a powerful and transformative tool, he advised its mindful and constructive use. He further elaborated on how AI is revolutionizing traditional commerce by enhancing efficiency, innovation, and decision-making, thereby opening new avenues in the business landscape. The seminar provided a dynamic platform for academic exchange, knowledge sharing, and intellectual engagement, leaving participants enriched and inspired to explore the evolving dimensions of smart commerce.



# **TECHNOFUN-2K26: IGNITING INNOVATION, CELEBRATING TECHNICAL EXCELLENCE**



The Department of Computer Science organized an Inter-College Technical Festival titled “Technofun-2K26,” providing a dynamic platform for students to exhibit their talent, creativity, technical expertise, and innovative ideas. The festival witnessed enthusiastic participation, reflecting a vibrant spirit of learning, healthy competition, and collaboration among students from various institutions. The Chief Guest, Mrs. Shallu Duggal from the School of Computer Applications, Lovely Professional University, Phagwara, addressed the gathering and emphasized the growing significance of Artificial Intelligence (AI) in everyday life. She inspired students to explore technological advancements with responsibility and highlighted the importance of ethical practices in the use of AI across academic and professional spheres. Around 50 students from 10 neighbouring colleges actively participated in the festival. A wide range of technical competitions, including PowerPoint Presentation, Art Gallery, Technical Quiz, and Fast Message Typing, were conducted to assess participants’ knowledge and creativity. Additionally, non-technical events such as the Ad-Mad Show and Open-Mic brought energy and entertainment to the fest. Participants demonstrated remarkable enthusiasm, creativity, and competitive spirit throughout the event. Certificates and prizes were awarded to winners from different colleges. The Overall Championship Trophy was proudly secured by SSM College, Dinanagar.



# EMPOWERING WOMEN THROUGH SPORTS: SPORTS MEET



The Sports Club and Youth Club in collaboration with Mera Yuva Bharat, Sports Authority of India, and Khelo India, organized a special event to mark International Women's Day. A grand athletic meet was conducted under the Asmita League (Khelo India Women's League) on the theme "Sports for Women," with the objective of encouraging girls to actively participate in sports and showcase their talent. The event was supported by Youth Officers Ms. Sandeep Kaur and Ms. Manpreet Kaur and was graced by Dr. Meera Kaushal, Medical Officer from Civil Hospital, Gurdaspur. Various track events, including 100m, 200m, and 400m races, were organized for under-13, under-18, and above 18 age groups, witnessing the participation of more than 450 students from ten schools across the district. A tug-of-war competition added enthusiasm and excitement to the event.

## WORKSHOP ON ADVANCED SEWING TECHNOLOGIES



The PG Department of Fashion Designing, in collaboration with the IIC, organized a workshop 'Time-Saving Techniques with Automatic Sewing Machines.' The session featured industry experts from SINGER India Pvt. Ltd., led by Mr. Sukhmeet Singh (Area Sales Manager) and Mr. Sahil Kumar (Sales Executive). The experts delivered an engaging presentation highlighting the latest advancements in electronic and computerized sewing machines. The workshop provided valuable practical insights into modern stitching technologies, emphasizing efficiency, precision, and time-saving techniques in contemporary fashion designing practices.



# WOMEN'S DAY CELEBRATION



The NSS Unit and Red Ribbon Club also celebrated International Women's Day. Dr. Meera Kaushal, Medical Officer, Civil Hospital, served as the resource person and delivered an insightful talk on “Neuron Rewiring: Celebrating Women as a Whole.” She emphasized the importance of self-love, mental health, and self-care, while also discussing career growth, decision-making skills, and personality development. The session introduced concepts such as NLP programming and various communication models, encouraging students to manage responsibilities effectively and achieve success in life. Furthermore, International Women's Day was celebrated by the Women Cell and Prevention of Sexual Harassment Cell in collaboration with the Association for Democratic Rights. The programme aimed to raise awareness about women’s rights and their journey toward equality. The speaker, Ms. Anuhar Kaur from Panjab University, spoke about the historical struggles of women and their present social, political, and cultural status. She urged students to stand united in advocating for their rights and highlighted issues such as gender discrimination, harassment, and violence against women. On this occasion, speakers also highlighted the contributions of inspiring figures like Savitribai Phule and Ghadar Gulab Kaur, who played a significant role in empowering women through education and social reform. The event ended on a positive and inspiring note, motivating everyone to work collectively towards gender equality and women’s empowerment.



# DRR OFFICIAL VISIT: STRENGTHENING ROTARACT SPIRIT AND SERVICE COMMITMENT



The Rotaract Club organized the official visit of the District Rotaract Representative (RID 3070), Rtr. Deepanshu, with great enthusiasm and decorum. The event was graced by distinguished guests, including Vinod Gupta Ji, Dr. JBS Riar, and Rtr. Gurpreet, whose presence added prestige to the occasion. The programme commenced with a warm welcome address by the President, Rtr. Lavanya Jarewal. The Secretary, Rtr. Aastha, presented a comprehensive report outlining the club's activities and achievements. An informative address on the essence and significance of Rotaract was delivered by Rtr. Parminder. In his address, DRR Rtr. Deepanshu inspired the members with his motivating words, emphasizing the importance of leadership and teamwork.

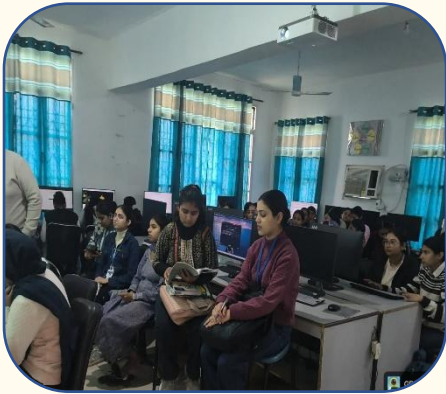
## BIRTHDAY WITH A CAUSE: ROTARACTORS SPREAD JOY, LOVE, AND SMILES



The Rotaract Club marked the birthday of its Secretary with a heartfelt initiative “Birthday with a Cause” at a local children’s home in Gurdaspur. The celebration was led by Rtr. Lavanya Jarewal (President), along with Rtr. Aastha (Secretary), Rtr. Ruby (Sergeant-at-Arms). The Rotaractors spent meaningful time with the children, sharing joy, care, and companionship. The highlight of the event was a cheerful cake-cutting ceremony, where the birthday was celebrated together with the children.



# WORKSHOP ON PROCESS DESIGN AND MVP DEVELOPMENT



The Innovation Cell, under the aegis of the Institution's Innovation Council (IIC), organized an engaging workshop on 'Process Design and MVP Development.' The workshop was conducted by Mr. Sachin Gupta, who shared valuable practical insights into process design, idea validation, and MVP development. He elaborated on how innovative ideas can be systematically transformed into functional prototypes using minimal resources, while keeping user needs at the core. The session, enriched with real-life examples and interactive discussions, significantly enhanced students' understanding of structured planning, problem-solving, and iterative development processes.

## FROM CLASSROOM TO INDUSTRY



The PG Department of Fashion Designing organized an industrial visit to Akshaj Private Limited, Amritsar, with the objective of providing students practical exposure to the textile and knitting industry. The industrial visit aimed to bridge the gap between theoretical learning and real-time industrial practices by helping students understand the functioning of textile industries and the application of classroom knowledge in production processes. During the visit, the owner, Mr. Ayushman, demonstrated the working of various machines and explained their role in textile manufacturing. Students gained hands-on insight into different stages of fabric production, knitting techniques, and quality processes.



# INSPIRING YOUNG MINDS WITH THE VALUES OF SERVICE, UNITY, AND NATIONAL RESPONSIBILITY



The Patriotic Club and the Department of Social Sciences, in collaboration with the Military Station, Tibri Cantt, Gurdaspur, organized an informative outreach programme titled “Operation Sindoor – Outreach”. The session featured Subedar Mr. Pawan Gurung of the 2/3 Gorkha Rifles as the keynote speaker, accompanied by Naik Mr. Santosh Ale and Rifleman Mr. Praket Gurung. Addressing the students on “Operation Sindoor: The Saga of Valour and Fortitude of the Indian Army,” Mr. Gurung elaborated on Operation Sindoor as a community outreach initiative focused on promoting social welfare, awareness, and development in underserved areas.

## CELEBRATING THE BEAUTY OF NUMBERS



The Department of Mathematics celebrated International Pi Day, fostering a spirit of curiosity and appreciation for the beauty of mathematics among students. The event was designed to highlight the significance of the mathematical constant Pi and its wide-ranging applications in various fields of science and engineering. As part of the celebration, students delivered engaging PowerPoint presentations on Pi and other important mathematical concepts, showcasing their understanding, creativity, and analytical skills. The programme also featured a variety of interactive and cultural activities, including singing, dancing, and fun-filled mathematical riddles and quizzes, which made the learning experience lively and enjoyable. Students actively participated in problem-solving challenges and brain teasers that encouraged logical thinking and teamwork.



# TURNING WASTE INTO WONDER



The Eco-Club organized an engaging activity on the theme “Best Out of Waste,” aimed at promoting environmental awareness and sustainable practices among students. The participants displayed remarkable creativity by transforming discarded materials into useful and decorative items. The exhibits included innovative planters made from used plastic bottles, decorative pieces crafted from old phone cases, artistic creations using peanut peels, flowers made from used tissue paper, and a variety of attractive items prepared from disposable cups and plates. The activity not only emphasized the importance of recycling and waste management but also encouraged students to think creatively and develop innovative and entrepreneurial skills.

## EXPLORING BEAUTY BEYOND CLASSROOMS



The Cosmetology Department organized an educational visit to the Impression Beauty Zone, providing students with valuable exposure to the professional cosmetology industry. During the visit, students explored various cosmetic stalls featuring renowned brands such as Kryolan, MAC Cosmetics, OxiLife, Vedic Line, and FYC. They gained in-depth knowledge about a wide range of professional beauty products and their applications. The visit also introduced students to advanced beauty technologies, including Hydra machines and laser machines, enhancing their practical understanding of modern cosmetology practices.



## GREEN BEGINNINGS: SAPLING WORKSHOP



The Eco Club and the Department of Botany organized a workshop on “Green Beginnings: Sapling Workshop” with the objective of imparting practical knowledge on sapling preparation and nursery techniques. The workshop was graced by the presence of Dr. Mayank Dhar Dwivedi from the Department of Botanical and Environmental Sciences, Guru Nanak Dev University, who served as the Chief Guest and resource person. He delivered an informative and engaging session, explaining various methods of sapling preparation and vegetative propagation, including leaf cutting, root cutting, and stem cutting. Dr. Dwivedi also emphasized the significance of these techniques in developing healthy nursery saplings and their crucial role in plant propagation and environmental sustainability.

## ENHANCING DIGITAL FASHION ILLUSTRATION SKILLS



In collaboration with the IIC, the PG Department of Fashion Designing organized a specialized workshop titled “Virtual Vogue: Fashion Illustration with Digital Tools.” The session was conducted by the Resource Person, Mrs. Daljeet Kaur, Assistant Professor at Dashmesh Girls College, Chak Alla Baksh, Mukerian. She demonstrated advanced digital illustration techniques, including stabilization and refined line art using the “Force Fade” feature, efficient layer management for organizing garments and textures, and material rendering through digital brushes to create intricate textures such as sequins, lace, and fur.



# AI APPLICATIONS IN DRUG ABUSE RESEARCH



A three-day Student Research Symposium on the theme “AI Applications in Drug Abuse Research” was organized by the R&D Cell of IIC in collaboration with IQAC and IIC. The symposium aimed to explore the transformative role of Artificial Intelligence in understanding, preventing, and addressing the challenges of drug abuse. The event comprised multiple technical sessions in which students presented insightful PowerPoint presentations on diverse topics, including “Role of AI in Early Detection and Prevention of Drug Abuse,” “Role of Education and Awareness,” and “Technology and AI in Detecting Drug Trafficking.” These presentations reflected innovative thinking and a strong understanding of contemporary issues. The presentations were evaluated by Dr. Rama Gandotra and Dr. Ravneet Kaur, who assessed the participants on parameters such as originality, research methodology, and practical applicability. The symposium provided a valuable platform for students to engage in research-oriented learning and to explore the interdisciplinary applications of AI in addressing critical social challenges.

## CREATIVITY THROUGH WASTE – ILLUSTRATION COMPETITION



The PG Department of Fashion Designing, under the aegis of the IIC, organized an inspiring competition titled “Innovative Illustration Using Waste Material.” The competition aimed to promote sustainability, creativity, and innovative thinking among students by encouraging them to transform waste materials into meaningful artistic expressions. Students participated enthusiastically and showcased remarkable talent by creating unique illustrations using discarded and eco-friendly materials. The evaluation of these unique and creative entries was carried out by Mrs. Daljeet Kaur, Assistant Professor at Dasmesh Girls College, Chak Alla Baksh, Mukerian. After careful assessment based on creativity and technical skills, top positions were awarded to the deserving students.



# DIVINE DEVOTION AT HIRA DEVI HOSTEL



A devotional Mata Ki Chowki was organized at the Hira Devi Hostel of the college, creating an atmosphere of spiritual fervor and devotion. The hostel students presented melodious bhajans in praise of Mata Rani, filling the surroundings with divine energy. The occasion was graced by the esteemed presence of the College Principal, Dr. (Mrs.) Neeru Sharma, along with the Hostel Committee Incharges. The Principal, accompanied by the Incharges and students, performed the sacred Aarti and prayed for the prosperity, peace, and well-being of all. The programme concluded with the distribution of prasad, spreading joy, positivity, and spiritual harmony among everyone present.

## STUDENT ACHIEVEMENTS



Our student Arshdeep Kaur bagged the Gold Medal in the Boxing Championship at SRKR Engineering College, Andhra Pradesh held on 22nd March, 2026. She is also selected for the Women Boxing Championship to be held in Indonesia on 5th April, 2026.

Ms. Mehak Malhotra was awarded as best volunteer in Gurdaspur district in State- Level Youth Leadership and Awareness Program 2025-26 in collaboration with Punjab State AIDS Control Society at Chandigarh University, Gharuan on 12th March, 2026.



# STUDENT ACHIEVEMENTS



- 14 Eco-club volunteers from our college participated in three-day Nature Camp under the Environment Education Programme organized by the Samgar Unnayan Foundation from March 23 to 25, 2026 at Keshopur-Miani, Gurdaspur and Kathlour Kushlian Wildlife Sanctuary, guided by the Punjab State Council for Science and Technology and supported by the Ministry of Environment, Forest and Climate Change, Government of India.
- Our student Manjit Kaur is attending 'Wushu' All India University Coaching Camp at GNDU, Amritsar.
- Our Volleyball senior team got first position and the Junior team got second position in the District level tournament organized by Mera Yuva Bharat, Gurdaspur.
- Our Basketball team got second position and our student Gurleen Kaur got Gold medal in District level tournament organised by Mera Yuva Bharat, Gurdaspur. Volleyball Coach Parshotam Sharma, Aruna Basketball Coach and Mrs. Gagandeep Kaur, HOD Phy. Edu were honoured.
- Seven Students from our college participated in the State Level Adventure/Hiking/Trekking Camp organized by the Department of Youth Services Punjab at Mirzapur SAC Mohali from 28 February to 04 March 2026. The students who represented the college were Rytham Rathi, Gagandeep Kaur, Simranjeet Kaur, Gurleen Kaur, Ashdeep Kaur, Bavleen Kaur and Surbhi Sharma. During the camp, they participated in activities such as hiking, trekking, morning exercises and outdoor challenges which improved their physical fitness, stamina and teamwork.
- Our student Sehajdeep Kaur received certificate of participation in State level Viksit Bharat Youth Parliament 2026 organized by My Bharat Punjab and Chandigarh organized at Chandigarh on 25th March, 2026.
- 4 Rotaract Club students (Lavanya, Aastha, Navdeep and Trisha) attended an inter-city event 2025-2026 'Trinetra' organised by Rotaract Club of Ludhiana at Ludhiana on 29th March, 2026. The club bagged two awards: Best Club Presentation and Best Performance.



# **HOW TECHNOLOGY IS TRANSFORMING EVERYDAY LIFE**

## **1. Introduction**

Technology has become an inseparable part of human life, influencing the way individuals live, work, communicate, and interact with the world. Over the past few decades, rapid technological advancements have reshaped everyday experiences, making tasks faster, more efficient, and more convenient. From smartphones and the internet to artificial intelligence and smart devices, technology has revolutionized nearly every aspect of daily life.

In earlier times, people relied on manual methods for communication, transportation, and information gathering. Today, digital technologies have simplified these processes, enabling instant connectivity and access to information. The transformation brought about by technology is not limited to one sector; it spans across education, healthcare, business, entertainment, and even personal lifestyles.

This article explores how technology is transforming everyday life, examining its impact across various domains, the benefits it offers, the challenges it presents, and its future potential.

## **2. Evolution of Technology in Daily Life**

Technology has evolved significantly from simple tools to complex digital systems. Early inventions such as the wheel, printing press, and telephone laid the foundation for modern advancements. The industrial revolution introduced machines that improved productivity, while the digital revolution brought computers and the internet into everyday life.

The 21st century has witnessed exponential growth in technology, particularly with the rise of mobile devices, cloud computing, and artificial intelligence. These innovations have made technology more accessible and integrated into daily routines.

Today, individuals rely on technology for tasks such as communication, shopping, banking, learning, and entertainment. The shift from physical to digital platforms has transformed how people interact with their environment.

## **3. Communication and Connectivity**

One of the most significant impacts of technology is in the field of communication.

### **3.1 Instant Communication**

Modern communication tools allow people to connect instantly across the globe. Emails, messaging apps, and video calls have replaced traditional methods such as letters and landline phones.

### **3.2 Social Media Platforms**

Social media platforms enable users to share information, express opinions, and stay connected with friends and family. These platforms have also become powerful tools for businesses and organizations to reach their audience.

### **3.3 Global Connectivity**

The internet has connected people worldwide, breaking geographical barriers. Individuals can collaborate, learn, and work together regardless of location.

#### **Impact**

Technology has made communication faster, more efficient, and more accessible, fostering global interaction and collaboration.

## **4. Education and Learning**

Technology has transformed the education sector, making learning more accessible and flexible.

### **4.1 Online Learning**

E-learning platforms allow students to access educational content anytime and anywhere. This has expanded opportunities for learners worldwide.

### **4.2 Digital Classrooms**

Smartboards, projectors, and virtual classrooms enhance teaching methods and improve student engagement.

### **4.3 Personalized Learning**

Technology enables customized learning experiences based on individual needs and preferences.

### **4.4 Access to Information**

Students can access vast amounts of information through the internet, improving research and knowledge acquisition.

## **5. Healthcare and Well-being**

Technology has brought revolutionary changes in healthcare by improving diagnosis, treatment, and patient management. It has made healthcare more accessible, efficient, and patient-centered.

### **5.1 Telemedicine**

Telemedicine refers to the use of digital communication technologies to provide healthcare services remotely. Patients can consult doctors through video calls, mobile apps, or online platforms without visiting hospitals physically.

This is especially beneficial for people living in rural or remote areas where healthcare facilities are limited. Telemedicine reduces travel time, saves costs, and allows faster access to medical advice. It also proved extremely useful during pandemics like COVID-19, where physical distancing was necessary.

**Additionally, telemedicine enables continuous monitoring of patients with chronic diseases, allowing doctors to track their health conditions regularly and provide timely interventions.**

## **5.2 Wearable Devices**

**Wearable devices such as smartwatches and fitness trackers help individuals monitor their health in real time. These devices can track:**

- Heart rate**
- Physical activity (steps, calories burned)**
- Sleep patterns**
- Blood oxygen levels**

**Such continuous monitoring helps individuals become more aware of their health and adopt healthier lifestyles. In some cases, these devices can detect abnormalities (like irregular heartbeats) and alert users to seek medical attention.**

**Wearable technology also supports preventive healthcare by identifying potential health risks early.**

## **5.3 Medical Advancements**

**Advanced technologies such as Artificial Intelligence (AI), robotics, and machine learning are transforming medical practices.**

- AI in Diagnosis: AI systems can analyze medical images (X-rays, MRIs) with high accuracy, helping doctors detect diseases like cancer at an early stage.**

- **Robotic Surgery:** Robots assist surgeons in performing complex surgeries with greater precision and minimal invasiveness.
- **Drug Development:** Technology accelerates the discovery and testing of new medicines.

These advancements improve treatment outcomes, reduce errors, and enhance patient safety.

#### **5.4 Electronic Health Records (EHRs)**

Electronic Health Records are digital versions of patients' medical histories. They include information such as:

- **Medical history**
- **Test results**
- **Prescriptions**
- **Treatment plans**

EHRs allow healthcare providers to access patient information quickly and accurately, improving coordination among doctors and reducing the chances of errors. They also eliminate the need for paper records, making data storage and retrieval more efficient.

#### **6. Business and Work Environment**

Technology has completely transformed business operations and the modern workplace.

## **6.1 Remote Work**

Digital tools such as video conferencing, cloud storage, and collaboration platforms allow employees to work from home or any location.

This flexibility improves work-life balance, reduces commuting time, and increases productivity. Companies can also hire talent from different geographical locations, expanding their workforce globally.

## **6.2 Automation**

Automation involves using technology to perform repetitive tasks without human intervention.

Examples include:

- Automated manufacturing processes
- Chatbots for customer support
- Data processing systems

Automation increases efficiency, reduces human error, and allows employees to focus on more creative and strategic tasks.

## **6.3 Digital Marketing**

Businesses use digital platforms such as social media, search engines, and websites to promote their products and services.

Digital marketing allows:

- Targeted advertising

- **Real-time customer engagement**
- **Cost-effective promotion**

**Companies can analyze customer behavior and preferences to create personalized marketing strategies.**

## **6.4 E-commerce**

**E-commerce refers to buying and selling products online.**

**Online platforms provide:**

- **Convenience of shopping from home**
- **Wide range of products**
- **Easy price comparison**

**Businesses benefit by reaching a global audience, while customers enjoy better accessibility and options.**

## **7. Transportation and Travel**

**Technology has improved transportation systems, making travel faster, safer, and more efficient.**

### **7.1 Navigation Systems**

**GPS-based navigation systems help users find the best routes and avoid traffic congestion.**

**They provide:**

- **Real-time traffic updates**

- **Shortest route suggestions**
- **Location tracking**

**This reduces travel time and fuel consumption.**

## **7.2 Ride-Sharing Services**

**Ride-sharing apps connect passengers with drivers through mobile platforms.**

**Benefits include:**

- **Affordable transportation**
- **Easy booking**
- **Reduced need for personal vehicles**

**These services also contribute to reducing traffic congestion and pollution.**

## **7.3 Autonomous Vehicles**

**Self-driving cars use sensors, cameras, and AI to navigate without human input.**

**Although still developing, they promise:**

- **Reduced accidents**
- **Improved traffic management**
- **Enhanced mobility for disabled individuals**

## **7.4 Online Booking**

**Technology has simplified travel planning through online booking platforms.**

**Users can:**

- **Book flights, trains, and hotels**
- **Compare prices**
- **Plan trips easily**

## **15. Conclusion**

**Technology has fundamentally transformed everyday life, making it more convenient, efficient, and connected. Its impact is evident in communication, education, healthcare, business, and entertainment. While it offers numerous benefits, it also presents challenges that must be addressed responsibly.**

**As technology continues to evolve, it will play an even greater role in shaping the future. Individuals and organizations must adapt to these changes and use technology wisely to maximize its benefits while minimizing its risks.**

## **16. References**

- 1. The Rise of the Network Society, Castells, M. (2010). The Rise of the Network Society. Wiley-Blackwell.**
- 2. The Second Machine Age, Brynjolfsson, E., & McAfee, A. (2014). The Second Machine Age: Work, Progress, and Prosperity in a Time of Brilliant Technologies. W.W. Norton & Company. Schwab, K. (2016). *The Fourth Industrial Revolution*. World Economic Forum.**
- 3. The Fourth Industrial Revolution, Schwab, K. (2016). The Fourth**

Industrial Revolution. World Economic Forum. OECD (2019). *Digital Transformation and Society*.

4. Alone Together, Turkle, S. (2011). Alone Together: Why We Expect More from Technology and Less from Each Other. Basic Books. IBM (2022). "Impact of Technology on Modern Life."
5. Organisation for Economic Co-operation and Development (2019). Digital Transformation and Society. OECD Publishing. Pew Research Center Reports on Technology and Society.
6. World Bank (2021). World Development Report 2021: Data for Better Lives. World Bank Publications.
7. IBM (2022). Impact of Technology on Modern Life. IBM Research Publications.
8. McKinsey Global Institute (2022). Reports on Digital Economy and Technology Trends. McKinsey & Company.
9. Pew Research Center (2021). Reports on Technology and Society. Pew Research Center.
10. UNESCO (2020). Reports on Technology in Education. UNESCO Publishing.

**MRS. SURKHAB SHELLY**

**ASSISTANT PROFESSOR**

**DEPARTMENT OF COMPUTER SCIENCE**

# **STUDENT PERSPECTIVES ON DIGITAL LEARNING AND AI: A SURVEY-BASED STUDY IN PUNJAB COLLEGES**

## **Abstract**

The rapid integration of digital technologies and Artificial Intelligence (AI) in education has significantly transformed learning experiences in recent years. The present study examines student perceptions, awareness, and usage of digital learning tools and AI-based applications in colleges across Punjab. Primary data were collected through a structured questionnaire administered to 82 undergraduate and postgraduate students from diverse disciplines. The findings indicate that a majority of students actively use digital platforms such as online classes, AI tools, and e-learning applications. However, a gap persists in terms of in-depth understanding and effective utilization of these technologies. Approximately 68% of respondents reported that AI tools enhance academic performance, while 21% expressed concerns regarding over-dependence and reduced critical thinking abilities. Furthermore, 74% of students preferred a blended learning approach that integrates traditional and digital methods. The study emphasizes the need for structured training and awareness programs to maximize the potential of AI in education. It concludes that digital learning, when used judiciously, can significantly improve student engagement, accessibility, and academic outcomes.

## **Keywords**

**Digital Learning, Artificial Intelligence, Students, Punjab, E-learning, Higher Education**

### **1. Introduction**

Education is undergoing a significant transformation due to the rapid advancement of digital technologies and Artificial Intelligence (AI). Traditional teaching methods, once confined to classrooms and textbooks, have expanded to include online lectures, virtual learning environments, and AI-powered academic tools. This transition has been accelerated in recent years, particularly in the post-pandemic era. In Punjab, higher educational institutions are increasingly adopting digital platforms to enhance teaching and learning processes. Students frequently use mobile applications, online resources, and AI tools for assignments, research, and examination preparation. While these developments offer flexibility and accessibility, they also raise concerns regarding effectiveness, digital literacy, and long-term learning outcomes. The present study aims to explore students' perspectives on digital learning and AI by analyzing their awareness, usage patterns, perceived benefits, challenges, and preferences. The findings are expected to provide valuable insights for educators and policymakers to improve the integration of technology in education.

### **2. Objectives of the Study**

- 1. To examine students' awareness of digital learning and AI tools**

2. To analyze the usage patterns of these technologies
3. To identify the benefits and challenges experienced by students
4. To understand students' preferences regarding modes of learning

### 3. Research Methodology



*Figure 1 Research Design, sample, Data collection and nature of Data*

The present study adopts a descriptive research design based on primary data to examine student perspectives on digital learning and Artificial Intelligence. A total of 82 students from various colleges in Punjab were selected using the convenience sampling technique, ensuring easy accessibility and participation. The data for the study were collected through a structured questionnaire administered via Google Forms, which included both objective and opinion-based questions. The collected data are quantitative and descriptive in nature and have been analyzed using percentage analysis to interpret patterns, trends, and student responses effectively.

## 4. Data Analysis and Findings

### 4.1 Awareness of Digital Learning Tools

The findings indicate that 85% of respondents are aware of digital learning platforms such as e-learning applications, virtual classrooms, and online educational resources, whereas 15% have limited awareness. This high level of awareness reflects the increasing penetration of digital technologies in education. However, limited awareness among a small segment suggests the need for targeted orientation and digital literacy programs.

### 4.2 Usage of AI Tools

The analysis shows that 68% of students regularly use AI tools, 20% use them occasionally, and 12% do not use them at all. The widespread usage indicates that AI tools are becoming an integral part of academic activities. However, non-users may face barriers such as lack of knowledge, accessibility issues, or skepticism toward technology.

### 4.3 Purpose of Using Digital Platforms

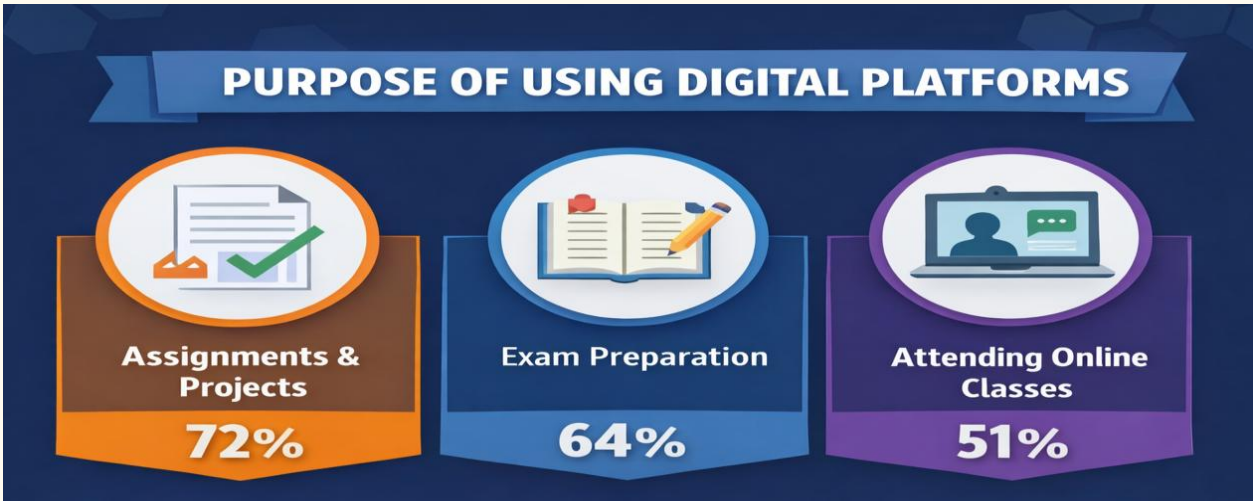


Figure 2 Purpose of Using Digital Platforms

## 4.4 Perceived Benefits of Digital Learning and AI

The study highlights several significant benefits of digital learning and Artificial Intelligence as perceived by students. A majority of respondents (70%) reported that digital tools help in saving time by providing quick access to information and resources. Additionally, 65% of students experienced improved conceptual understanding, which may be attributed to interactive content, visual aids, and personalized learning support offered by digital platforms. Furthermore, 58% of respondents emphasized increased accessibility, as digital tools enable learning anytime and anywhere. These findings clearly demonstrate that digital learning and AI contribute to making education more flexible, efficient, and student-centered.

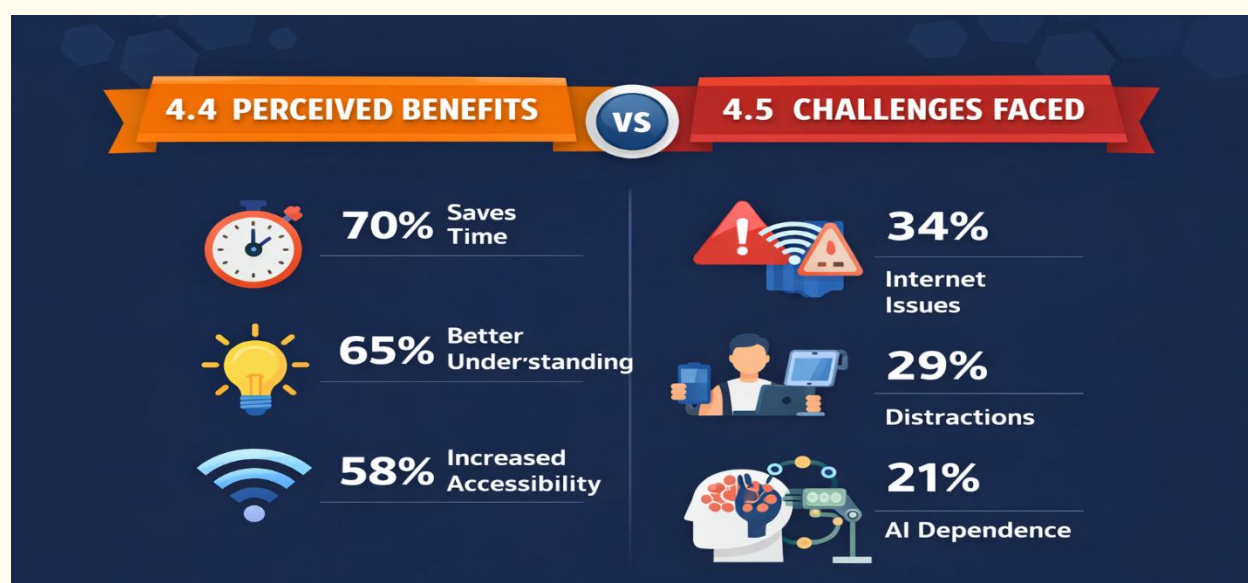


Figure 3 Perceived Benefits and Challenges faced

## 4.5 Challenges Faced by Students

Despite the numerous advantages, students also reported several challenges associated with the use of digital learning and AI tools. About 34% of

respondents indicated that internet connectivity issues hinder their learning experience, particularly in areas with limited infrastructure. Moreover, 29% of students reported experiencing distractions while using digital platforms, often due to multitasking or social media interruptions. Additionally, 21% expressed concerns about over-dependence on AI, fearing that it may negatively impact their critical thinking and originality. These challenges highlight the need for improved technological infrastructure, as well as the promotion of disciplined and responsible use of digital tools to ensure effective learning outcomes.

#### **4.6 Preferred Mode of Learning**

The majority of students (74%) preferred a blended learning approach, combining traditional and digital methods. In comparison, 16% preferred traditional classroom learning, while 10% favored fully online learning. This reflects a clear inclination toward a balanced approach that integrates human interaction with technological support.

#### **5. Discussion**

The study reveals that digital learning and AI have become integral components of modern education. Students actively engage with these tools for academic purposes, recognizing their benefits in terms of efficiency and accessibility. However, concerns such as distraction, dependency, and infrastructural limitations persist. The preference for blended learning indicates that students do not view technology as a replacement for traditional teaching but rather as a complementary tool. This highlights the need for educational institutions to adopt a hybrid approach that combines the strengths of both methods.

## 6. Conclusion

The study concludes that digital learning and AI are transforming the educational landscape in Punjab colleges. While students widely accept and utilize these technologies, their effective implementation requires proper guidance, training, and infrastructure support. A balanced integration of traditional and digital learning methods is essential to ensure holistic academic development and to foster critical thinking among students.

## References

1. Holmes, W., Bialik, M., & Fadel, C. (2019). Artificial intelligence in education: Promises and implications for teaching and learning. Center for Curriculum Redesign.
2. Luckin, R., Holmes, W., Griffiths, M., & Forcier, L. B. (2016). Intelligence unleashed: An argument for AI in education. Pearson Education.
3. Selwyn, N. (2016). Education and technology: Key issues and debates (2nd ed.). Bloomsbury Academic. [<https://doi.org/10.5040/9781474245541>]
4. Dwivedi, Y. K., Hughes, L., Ismagilova, E., Aarts, G., Coombs, C., Crick, T., & Williams, M. D. (2021). Artificial intelligence (AI): Multidisciplinary perspectives on emerging challenges, opportunities, and agenda for research. International Journal of Information Management, 57, 101994. [<https://doi.org/10.1016/j.ijinfomgt.2019.08.002>]
5. Zawacki-Richter, O., Marín, V. I., Bond, M., & Gouverneur, F. (2019). Systematic review of research on artificial intelligence applications in higher

education. International Journal of Educational Technology in Higher Education, 16(1), 39. [<https://doi.org/10.1186/s41239-019-0171-0>]

6. Bates, A. W. (2019). Teaching in a digital age: Guidelines for designing teaching and learning (2nd ed.). Tony Bates Associates Ltd.

7. Means, B., Toyama, Y., Murphy, R., & Baki, M. (2013). The effectiveness of online and blended learning: A meta-analysis. Teachers College Record, 115(3), 1–47.

8. Kumar, S., & Nanda, P. (2020). Social media in higher education: A framework for continuous engagement. International Journal of Information and Education Technology, 10(2), 109–113. [<https://doi.org/10.18178/ijiet.2020.10.2.1351>]

**DR. RAVNEET KAUR**  
**ASSISTANT PROFESSOR**  
**DEPARTMENT OF COMMERCE**

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

PT. MOHAN LAL S-D-COLLEGE  
FOR WOMEN

"शास्त्रां शतशो भवन् सर्वेषां तेषां शतशो नान्यथा च प्राप्नुयान्ति"

Email Id: [ptmlsd@gmail.com](mailto:ptmlsd@gmail.com)

Website: [www.ptmlsdc.ac.in](http://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**