



Monthly Newsletter of Pt. Mohan Lal S.D. College For Women, Gurdaspur

Lohri Celebration with Joy of Sharing

Lohri was celebrated by Heritage Club and Central Association of the College on 12th January 2019. On this occasion, special arrangements were made. Girls performed the traditional folk dance Giddha. Worthy Principal, lit the sacred bonfire to initiate the celebration. Dr. Sukhwinder Kaur (Asst. Prof. in Punjabi) delivered a lecture on the importance of Lohri. She motivated the students to put more efforts to get good results in their respective fields. This festival will be celebrated now as 'Dhiyan Di Lohri' to educate the people about the equal rights of the girl child in the society. On this auspicious occasion, Central Association along with the students of the college, distributed clothes, grocery, sweets and blankets among needy people under the project 'Samvedna'. With this charity and noble deed of giving happiness to others, students learnt about joy of sharing and caring for needy section of the society. The entire college family has contributed for this noble cause.



National Youth Day

National Youth Day was celebrated by Youth Welfare Club of the College to commemorate the Birth Anniversary of Swami Vivekananda. The occasion was marked by the presence of Sh. Naresh Kalia, President, Jai Hind Sewa Club, Gurdaspur. The Celebration started with a special assembly comprising of thoughts, slogans and life history of Swami Vivekananda Ji. Mrs. Punita Sehgal (Asst. Prof. in Hindi) appraised in detail about the life, philosophy and teachings of Swami Vivekananda to the students. In her lecture she emphasized on the need for having deeper knowledge, developing skills, building up of strong discipline and character among the youth. On this event, our student Ms. Diksha

delivered a motivational speech on Swami Vivekananda. Principal, Dr. Sharma appreciated the efforts of Mrs. Punita Sehgal (Dean ECA) and addressed the students with a motivational quote "Arise, awake, and stop not till the goal is reached".

National Voter's Day

On 25th January 2019, National Voters' Day was observed by Political Science Department and Youth Club of the College. On this occasion, Mrs. Daljinder Kaur (HOD Political Science) highlighted the significance of voting right granted by the Indian Constitution to all eligible voters in the country and appealed the students to rise above the narrow confinement of religion, cast, creed and language while casting their votes. She affirmed the SVEEP Oath to faculty and students. On this event, Slogan Writing and Poster Making Competitions were organized by Fine Arts Dept. of the College in which students participated enthusiastically. 'Voter's Awareness Rally' was also organized by Youth Club. As many as 100 students participated in the Voter's Awareness Rally. Purpose of the rally was to aware youth and general public about importance of voting.





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International Mother Language Day

Punjab Heritage Promotion Society and Punjabi Department of the College organised Inter-College Competition on the occasion of International Mother Language Day dated 21st Feb. 2019. In this event Sh. Balwinder Singh Balam journalist Ajit newspaper was the chief guest. The idea of conducting the event was to promote linguistic and cultural diversity and multi lingualism. Events of the day were Punjabi Poetry Composition, Handwriting Competition, Story Writing, Folk Song, Poetical Recitation, Poster Making and Quiz Competition. Teams of 13 different renowned colleges participated with full zeal and zest. A glimpse of Punjabi Culture, development of Punjabi mother tongue, the standard of living, Sports, Ghoriya, Tappe, Suhag, Jugni



in folklore and cinematography were depicted. Talking about promoting Punjabi among younger generation Chief Guest said, 'The language has to be part and parcel of lives. One can create mini-libraries at home'. Madam Principal honoured the guest with a memento and thanked him. Winner teams and all participants were also given mementoes and certificates.

Book Exhibition

Books play a significant role in our life. Through reading, we expose ourselves to new things, new information, new ideas, new ways to solve a problem and new ways to achieve a goal. Library Committee of the College organised Book exhibition on 23rd Feb. 2019. The event was organised in order to bring exposure to students and to cultivate the habit of reading among them. The book fair was a spectacle to watch. Books on wide range of topics like UGC-NET, Competitive books, General books, Story books, Cookery books, Religious books and Inspirational books were displayed. Despite the growing demand for e-books the popularity of printed books does not seem to have gone down as students throng to the exhibition searching for their favorites. All faculty members visited the book exhibition and recommended relevant books to be purchased for library. Madam principal thanked Dr. Rama Gandotra (Incharge Library Committee) and other members for arranging this book exhibition. She also thanked K.L.S. Publisher for their contribution.



NSS

A Seven Day NSS camp was organized by NSS Club of the College. NSS Volunteers participated enthusiastically throughout the week. The NSS unit organized Swachta Abhiyan in college and surroundings. Volunteers along with incharges organized Awareness Programme on personal hygiene among Women. Workshops were organized to train women to make Best out of Waste. Camp started with Tea Langar to the passers-by in severe cold weather outside the college. The camp was divided into two parts, activities to be performed indoor and outdoor. Two faculty members Ms. Maninderjit and Ms. Harsha Sharma went to village Jauda Chatran, where they gathered the women and girls of the village at the Sarpanch's house. Ms. Maninderjit, Asst. Prof. in Home Science, addressed the womenfolk and made them aware about the 'Benefits of Nutritious Diet'. Ms. Harsha, Asst. Prof. in Fashion Designing, delivered lecture on 'Basic Tips and New Trends in Stitching and Tailoring'. She trained women to make Best out of Waste. Ms. Savita taught different hair styles, nail art and facial beauty tips to them. Volunteers along with incharges went to the schools and houses of the village Amipur. A lecture was delivered to girls under the title 'Menstrual Hygiene among Girls'. Throughout this camp volunteers have developed the sense of responsibility, understood the problems of the community and working on searching sustainable solutions. Principal Dr. (Mrs) Neeru Sharma appreciated the activities performed during camp and motivated NSS Volunteers to strive for the well being of society in future too.





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To develop new techniques of learning among faculty members and to improve their research aptitude, FDP was organised on 2nd March, 2019. Dr. Rajesh Kumar, Associate Professor, Dept. of Social Sciences, GNDU, Amritsar was the Resource Person. The topic was 'Academic Integrity: Some Issues' He apprised that the academic integrity is the moral code of academia. It includes values such as avoidance of plagiarism, maintenance of academic standards, honesty & rigor in research and academic. To promote the academic integrity, the UGC enacted the regulations 2018, which recommended some institutional mechanisms to eliminate the scope of plagiarism. He further added that the new initiative will formally help us to consider how we can leverage network access to information. It includes innovations inside and outside the classroom, involves our students in hands-on-learning and uses new technologies to enrich their experiences. He emphasized on use of ICT. It is the duty of teacher to maintain quality of education to enhance the enrolment so that the benchmark of an institution can be maintained. He motivated faculty members to take initiative for minor/major projects and focus on how it can benefit the society. Principal extended gratitude towards Dr. Rajesh Kumar by honouring with memento and said that Growth is never ending. We have to explore our hidden potentials for the progress of Education.



Ethics of Globalisation

Philosophy Department organized a seminar on 'Ethics of Globalization on 25th Feb, 2019. This seminar was sponsored by Indian Council of Philosophical Research, New Delhi. In this great event Ms. Shelly Gaid was invited as the key-note speaker where as Ms. Anu Kandhari & Ms. Sonia Arora were invited as Resource persons. The seminar started with jyoti liting and a formal welcome of all three guests by Ms. Rajinder Kaur (Asst.Prof.in Philosophy). After that, they all gave their valuable words on the topic 'Ethics of Globalization'. Ms. Shelly Gaid put her emphasis on 'Economic Globalization', she said Globalization is a Phenomenon that has led to the integration of regional economies, societies and cultures through communication, transport and trade so, it becomes important to deal with ethical issues, inter-cross cultural settings. The term business ethics should be understood from all angles.

Ms. Anu Kandhari gave her words on 'Social Ethics of Globalization' which refers to the increasing integration of production, development and communication among nations on a worldwide scale. Social Globalization pertains to human interaction within cultural communities, encompassing family, religion, work and education. She also said that Globalization is attained only when there is self-realization. Ms. Sonia Arora apprised about 'Environmental Globalization' which refers to the internationally coordinated practices and regulations and the increased role of globally organized Management Institutions, Knowledge Systems & Monitoring and Coordinated strategies aimed at resource energy or conservation issues. All the students got benefitted a lot from these knowledgeable & inspirational words. At the end of this seminar, Principal thanked the respectable guests and honoured them with token of gratitude.

Women's Day

Women's Day was celebrated on 8th March 2019 in campus to commemorate the inspiring role of women around the world to secure women's rights and build more equitable societies. Women are really empowered, as they are able to access the opportunities available to them without limitations and restrictions. Women Cell and Youth Club of the College organized 'Nukkad Natak- Sirjana' which was performed by the proponents of Bhagat Namdev ji Theatre Society, Ghuman on the theme of 'Beti Bachao Beti Padhao'. It conveyed message that Female foeticide must be stopped in a country where people worship various forms of Goddesses. Environment Association of the college celebrated this day by planting saplings in college. The event was inaugurated by Madam Principal. On this day, 14 women Sarpanches and Panches of different villages were honoured to spread the message of 'Women Education' in their respective villages. Principal spoke about Women Empowerment and how Indian women have brought about a positive change in the society. She further added that villages with women Sarpanches can play key role in encouraging girl education and show the way in ending Female foeticide. Youth Club and Women Cell incharges were delighted to honour elected women representatives of villages as they have shown how a positive change has begun in rural India.



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100th Anniversary of Jallianwala Bagh Massacre

Social Science Dept. of the college in association with District Heritage Society, Gurdaspur organized a Homage Ceremony dedicated to the martyrs of Jallianwala Bagh Massacre on its 100th anniversary. The function was presided over by Dr. Deepak Bhatia, SDM Gurdaspur. On this event he expressed that remembering the martyrs of the country is very important and we should salute their passionate love for country. He told students that they should know the real meaning of freedom and also about freedom fighters who sacrificed their lives for Freedom of India. Prof. Kirpal Singh Yogi Head, the legendary dramatist recited Nanak Singh's poem 'Khooni Baisakhi' in which he explained the painful tragedy of Jallianwala Bagh and made everyone

emotional. Prof. Raj Kumari Historian and Secretary of District Heritage Society apprised about Jallianwala Bagh incident and also about Shaheed Udham Singh, how he went to England in rage and took revenge by killing Michael O' Dwyer. Our student Ms. Puneet recited her poem on 'Jallianwala Bagh a Horrible Act'. Principal Dr.(Mrs.) Neeru Sharma thanked guests for sharing explicit knowledge about such tragic event of Indian history.



Convocation Ceremony

The college celebrated Convocation Ceremony on 20th April 2019. Hon'able Prof.(Dr.) Viney Kapoor Mehra, Vice Chancellor, Dr. B.R. Ambedkar National Law University, Sonapat graced the occasion as Chief Guest. The Convocation began with the majestic and grand Academic Procession followed by floral welcome of revered guest. Members of Managing Committee of the College General Secretary Dr. P.K. Bajaj, Sh. Jatinder Bhatia, Local Chairman Sh. Hiramani Aggarwal, Sh. Arvind Hastir were the momentous visitants. Secretary Dr. P.K. Bajaj gave welcome speech and wished the new graduates for best future. Principal Dr.(Mrs.) Neeru Sharma presented the annual report of the College highlighting the major achievements of the college in academics,



sports, culture and other fields. She inspired the young graduates to lead a meaningful life and serving the society. Chief Guest Prof. (Dr.) Viney Kapoor Mehra in her convocation address offered her felicitations to the Principal, staff and students of the college for excellent achievements, building the qualitative profile of the college and establishing it as one of the leading institutes of the region. She highlighted the importance of Education in life of Women and congratulated them for their success. The degrees were conferred on 233 Graduates and Postgraduates from various streams.

Regional Seminar on Digital India

In order to promote research aptitude among students the Commerce Dept. in collaboration with Enactus Club of the college conducted one day regional seminar. The main theme of seminar was Digital India with the subthemes: Role of Digitization in Banking Sector, Human Resource Management and Digitalization, Commerce and Digitalization, Financial Inclusion and Digitalization and Digital Governance. The broader objective of this seminar was to discuss various aspects of Digital India. It is an initiative by Government of India to ensure that Government services are made available to citizens electronically. 17 students from different colleges presented their papers enthusiastically and expressed their views. Ms. Seema Mahajan Head,



Dept. Of Commerce gave the tips for further improvement in presenting papers and stressed on the importance of being ethical both in professional and personal life. Madam Principal gave participation certificates to participants and motivated them by quoting the line "Research is equally important with higher studies and students should strive more and more towards grabbing this opportunity". It helped in exploring hidden potential of the students for research which is very important part of higher education. The students felt more positive, motivated and wiser by the end of the seminar.

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17th Lok Sabha Elections: SVEEP Programme

Under SVEEP campaign a lecture on 'Voting Awareness' was organized by Youth Welfare Club on 17th May 2019 in which worthy Principal Dr. (Mrs.) Neeru Sharma addressed the First Time Voters (FTVs) to utilize their fundamental right of voting & selecting right candidates. With a view to promote democratic electoral participation Staff and all the students took SVEEP Oath. SVEEP Activity was organized by Youth Welfare Club of the College on 18th May 2019 to create awareness among students about the importance of voting in democratic country. On the same day, Youth Welfare Club of the College organized different competitions for students such as Painting, Nail Art, Mehndi, Rangoli & Poster Making...etc. in which Students participated with full enthusiasm. As per the order of District Commissioner of Gurdaspur, voting arrangements for three Booths were made in our College for voters. For this purpose one Pink Booth (only for female voters with female staff) and two Model Booths were decorated in the College campus. First Time Voters were honoured by Youth Club of the College. Besides this First-Aid facility was provided to the voters and ramp was made for persons with Disability (PWD) voters.



Workshop-cum-Lecture :First Aid

Seminar on First Aid was organized in the College on 16th May 2019 under the guidance of Dr. (Mrs.) Neeru Sharma. Dr. Buvneshwari (Gynecologist) and Dr. Aman Bijral (SMO), Amandeep Hospital, Amritsar, were the resource persons. S. Karanjit Singh, Central Jail Superintendent, Gurdaspur was the Chief Guest of the event. Sh. Neeraj Mahajan, Chairman 'Naya Yug Nayi Soch'(NGO) was also present. Dr. Aman Bijral and Dr. Buvneshwari motivated the students

to stay healthy and informed the students about project 'Smile Train'. During the seminar, doctors also told that various road accidents are occurring nowadays and demonstrate immediate methods to give First Aid. He gave information about precautions to be taken during dog bite, heart stroke, drowning, exercise time etc. Dr. Buvneshwari also cleared the myths related to Menstrual Hygiene that certain types of food such as curd or any sour product should not be consumed. She advised the students to adopt healthy dietary habits and should not get trapped in these fake myths. S. Karanjit Singh and Sh. Neeraj Mahajan also spoke about ill effects of drugs in human life.

Sports Day

Sports Club of the College organized 'Sports Day' in the College campus on 25th May 2019, in which different games as Brick Race, Spoon Lemon Race, Three-Leg Race, 100 Metre Race & Carum were held. Students participated in all the games enthusiastically. In this event, S. Manohar Singh (District Sports Officer) Gurdaspur was the Chief Guest who motivated the students to be physically fit and to take more & more interest in sports activities. In the Last, Principal Dr. (Mrs.) Neeru Sharma gave a vote of thanks to the honourable guest and the organizers Ms. Gagandeep Kaur (Asst.Prof. in Phy.Edu.), S. Variam Singh (Coach), & Sh. Parshotam Sharma (Coach) for this wonderful event. The winners were honoured with certificates and motivational message-Be an Olympian, Be Faster, Higher and Stronger in Life.



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Scaling Academic Heights

It is time to laud the persistent efforts of our assiduous young scholars who have done us proud by securing an enviable number of positions in the GNDU examinations held in May, 2019. The academic results shown by them ascertain their unusual intelligence, diligence and perseverance. In B.Sc (Med.) Sem VI, Kalwinder Kaur stood First in University. We feel proud to acknowledge that she bagged Merit position in University consecutively. Ambika and Mandeep secured 14th and 35th positions respectively. In B.sc (Med.) Sem IV Shreya Gandotra stood 27th in University. In B.Sc (Med.) Sem II Navdeep Kaur got 29th position in University. In BA sem IV, Shilpa Randev, Diksha and Harpreet kaur notched 22nd, 54th and 91st positions in University respectively. In BA Sem II Gagandeep Kaur and Diksha Mahajan got 78th position in University and Ganeshwari bagged 127th position. In BCA Sem IV, Mehak stood 3rd in University. In B.com Sem IV Tamanna and Saloni Verma bagged 24th and 42th positions University respectively. In M.Com sem IV, Prince obtained 10th position in University. In B.Sc (FD) Sem II, Shaluu and Harman bagged 4th and 10th positions in University respectively. In B.Voc Sem II Navjot, Harman and Paramjeet notched 1st, 3rd and 4th positions in University respectively. In Diploma Stitching and Tailoring, Rubinder kaur secured 1st position in University. In Diploma Food and Production Rupinder Kaur bagged 1st position in University.



Lecture on Acupressure and Reflexology

Science Department of the College organized guest lecture on Acupressure and Reflexology. Mrs. Shweta Mahajan an educationist was the resource person. She explained that reflexology, also called zone therapy is based on the pressing of hands and feet on specific areas which can have therapeutic effects on other parts of the body. Pressing each area can stimulate the flow of energy, blood nutrients and nerve impulses to the corresponding body zone and thereby relieve ailments in that zone. She discussed about the different points of acupressure to cure stress, depression, back pain, arthritis, myopia, cervical and many more ailments. She also gave various tips to stay healthy. Students and faculty gained lot of knowledge. Worthy Madam Principal presented a token of gratitude to the guest along with faculty of Science Dept.



Workshop on Theatre

Under the able stewardship of Worthy President Sh.Upkar Krishan Sharma, English department organized one day workshop on Theatre dated 26th July 2019 to provide platform for students. Dr (Ms.) Liza Nanda from GGSDS, Chd. was the resource person. The workshop covered different aspects of acting ranging from movements, voice, props, improvisation and stage knowledge. Students were given creative freedom to improvise and come up with their own stories. Dr.(Ms.)Dinesh Sharma Head, Department of English introduced Dr.(Ms.)Liza Nanda and welcomed her in the campus with efficient team. In the first session the facilitator told the students to come on stage and to do whatever they like to gauge their response skills. Every student participated in the given task with great zeal. She explained Navras (nava rasa). In second session she started warmup exercise which required coordination, focus and flexibility. The theatrical performance by the students of GGSDS college, Chandigarh moved all the audience deeply. Workshop served the purpose of showcasing how participating through theatre can help to raise issues which affect our lives. Madam Principal honoured the guest and thanked them for conducting a fabulous workshop.



Kargil Vijay Diwas

To mark the 20th anniversary of victory in 'Operation Vijay the Kargil-War' Political Science Dept. of the college celebrated the day of pride. The occasion was marked by the presence of Col. S.S. Shekhawat from 96 Brigade, Tibri Cant. He apprised that it is the day to remember the martyrs, rejoice their sacrifices and strengthen the resolve of the armed forces, to the cause of the nation. He further added that the saga of kargil war will be retold to the people to commemorate the supreme sacrifices of defence personnel. In the end Principal Dr. (Mrs.) Neeru Sharma honoured the guests and assured that celebration of such occasions will work as a catalyst to motivate youth to join the Armed Forces.



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VISIT TO PUNJAB LEGISLATIVE ASSEMBLY

Social Sciences Society of the college organized an Educational trip to Punjab Legislative Assembly, Chandigarh with an aim to provide a first hand experience of the proceedings of the House to the students. The Protocol Officer addressed the students and acquainted them about norms and rules to be followed in Visitor Gallery. Students became aware about various issues being discussed in the Legislative Assembly by ruling party and opposition parties regarding the problems of food, crops, water crisis, tax collection and use of pesticides in large quantity in agriculture fields. The visit was informative, interesting and successful for the students. It was an altogether different experience for students when they visited Punjab Vidhan Sabha, which they had so far read in textbooks and seen on television. Mrs. Daljinder Kaur (Asst. Prof. in Pol. Sci.) and Mrs. Harsha Sharma (Dean ECA) coordinated the visit.



LEARNING OUTSIDE CLASSROOM

Educational tours can be a way to fun and recreation and act as a stress buster for students. They are energized, excited and thrilled in anticipation of fresh perspective and informal environment. Various departments organized educational tours to different places. Commerce Dept. organized an Educational tour to Aaykar Bhawan, Ludhiana, where students got knowledge about income tax payment and the ways how government utilizes the income tax paid by the citizens. Science Dept. organized an Educational tour to Pushpa Gujaral Science City, Kapurthala under the Project of Environment Studies as per instructions of GNDU, Asr. Climate Change Object



Theatre sensitized the students on climatic change and global warming issues. Students visited Cactus garden, Herbal garden, Dinosaur park, Rain water harvesting etc. and got many new informations. History Dept. organized tour to War Memorial Museum, Asr. Students also visited Golden Temple and Jallianwala Bagh. Computer Dept. also organized one day trip to Akshardham Temple, Haveli Heritage, Devi Talab Temple, Jalandhar and Baba Murad Shah in Nakodar.

SHRADHANJALI SAMAROH

Shradhanjali Samaroh was organized to pay tribute to Revered Late (Dr.) Pandit Mohan Lal Ji on his 20th death anniversary dated 30th Aug. 2019. The occasion was marked by the presence of Sh. Harbans Lal Ji, Former Chairman of Local Management Committee, members of Management Committee, Worthy Principal, faculty and students of the college. On this occasion Neki Ki Diwar was organized by Rotaract Club of the college. Stationary, eatables, soaps, shampoos, clothes and footwears were distributed. A Special Lecture was organized in the memory of Pandit Ji, in which Daminipreet Kaur gave an insightful lecture to freshers on Pandit Ji's life and his achievements. Sports Club of the college organized Volleyball Tournament in campus. Sh. Harbans Lal Ji and Management Committee distributed uniforms to needy students and support staff. The entire S.D. family prayed for his spiritual peace.



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Second Pt. Mohan Lal Memorial Lecture

IQAC of the college organised Second Pt. Mohan Lal memorial lecture on the topic 'The Path to Success' to motivate the students to achieve success in their lives. Dr. Ashwani Sharma (Associate Prof., DAV College Jalandhar) was the resource person. He expressed that everyone wants to be successful, but it is not so easy as road to success is not paved with a straight and easy path. Life is a hurdle race. He throws light on the five D's formula to achieve success i.e. Desire, Discover, Direction, Dedication, Do it now. He explained that God has given us potentials to be successful in life. We have to recognize ourselves and should feel proud for our unique characters. We are like a seed with great potentials. But there is need to nurture those potentials. He also motivated the students to Think Big, Dream Big. Success depends upon thought process. His talk interspersed with lively anecdotes and practical quotes was well received by the audience. This presentation was followed by an interactive session, where the queries raised by the students were addressed. College Principal thanked Dr. Ashwani Sharma for his thought provoking and illuminating talk and urged everyone present there to imbibe the points suggested by the Speaker.



Five Day Workshop on Yoga

Cosmetology department organized five day workshop on Yoga for the students of Cosmetology and B.Voc (FSG). Acharya Ramesh Shastri from Manav Dharam Ayurveda, Gurdaspur was the resource person. The Yoga session started by Omkar and systematic practice of different "ASANAS" of standing and laying positions such as Sukhasana, Vajrasana, Kapalbhati, Pranayam, Dhanurasana etc. under the supervision of Acharaya Ji. During the course of Yogabhyas he also apprised the usefulness of different "Asanas" as a precautionary measure, in curing many diseases and the usefulness of yoga in the overall wellbeing of a human being. Students performed all 'asanas' during five days and improved their concentration power. Acharya Ji also



instructed them to follow home cooked food and avoid junk food. The event concluded with synchronized recitation of Shlokas. Worthy Principal emphasized to practice regular Yoga to remain fit. She also extended gratitude towards Sh. Ramesh Shastri Ji by honouring him.

Regional Seminar

One day Regional Seminar was organised by Punjabi and History Dept in collaboration with Guru Gobind Singh Study Circle, Ludhiana. This seminar was dedicated to Guru Nanak Dev Ji's 550th Parkash Parv. In this event, an eminent historian Dr. Sukhpreet Singh Udhoke was invited as the keynote speaker, S. Pritpal Singh (Zonal Secretary, Guru Gobind Singh Study Circle), S. Gurdev Singh (Veterinary Doctor) and S. Ravinder Singh were also invited as speakers for the same. S. Sukhpreet Singh said that Knowledge is an ornament and it can be gained from everywhere also he enlightened audience with some glimpses of the life history of Shri Guru Nanak Dev Ji. Other speakers also gave an insightful lecture on Sikhism, Traditions and Cultures of Medieval Period. They motivated students as well as faculty members to be in touch with Gurbani and its moral values in future too. Principal extended her thanks towards the invited guests and honoured them with token of gratitude. She also appreciated the efforts done by both departments.



Health Checkup Camp

Keeping in mind that nutrition is a basic human need and a prerequisite to healthy life, Science Dept. of the college organised a lecture on "Iron Rich Food". Dr. Vibha and Dr. Seema members of 'Inner Wheel Club' Gurdaspur were the keynote speakers. Besides this, occasion was marked by the presence of the whole team of IWC, Gsp especially Mrs. Poonam Mittal (President), Ms. Anupam Mahajan (Past President), Ms. Dipti Aggarawal (Secretary), Ms. Neeti Behl (ISO), Mr. Dinesh Mahajan, Janta Lab, Gsp respectively. Dr. Seema gave an insightful Lecture on the signs and symptoms of anemia such as loss of appetite, leg cramps, crave for clay mud, Chalk and fatigue. Dr. Vibha mentioned various causes of anemia among adolescents like



Iron deficiency. Haemoglobin Estimation camp was also organized by IWC in collaboration with Janta Lab, Gurdaspur. Haemoglobin estimation of 83 persons including teachers and students were done successfully. On this event, A vending machine of sanitary pads was installed by IWC in campus. Worthy Principal inaugurated the vending machine and presented a token of a gratitude to the invited guests.

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Sharing Happiness with Others: Diwali Fest

To inculcate the moral values among students Diwali was celebrated by Central Association of the college under the Project 'Share Happiness With Others'. Association celebrated the festival with members of Sewa Sadan (Kushth Aashram) Dinanagar, students of slum area school near Pandori road and senior citizens of Old Age Home, Gurdaspur. CA incharges: Ms. Jagjeet, Ms. Ravneet, Ms. Komal, Ms. Samita, Ms. Palwinder, Ms. Gagan and Ms. Taran along with the students distributed clothes, grocery, fruits and blankets among needy people. The old ones celebrated Diwali with students whereas children from slum areas celebrated the festival with full enthusiasm by getting handmade lamps. In this grand work, new saplings were planted in old age home, kushth aashram and in slum area school. With this charity and noble deed of giving happiness to others, students learnt about the joy of sharing and caring.



Dance Performance

In collaboration with District Heritage Society, Gurdaspur our college organized 'Kathak Dance' arranged by India International Rural Culture Centre New Delhi. Ms. Devanshi Bhattacharya (Dancer), Mr. Shubanshu (Singer) and Mr. Sidhanth (Musician) from Kolkata gave their performances. Her petite frame and simplicity as she walked onto the stage was a stark contrast to the whirlwind performance that ensued her cool and composed persona on stage. This event was organized to aware the students regarding Indian tradition and various mudras of dance.



Legal Aid Awareness Lecture

Legal Literacy Club of the college organized an awareness lecture in collaboration with District Free Legal Aid Cell, Gurdaspur. In this event Ms. Rufsa Sabharwal (Advocate) & Ms. Meena Mahajan (Advocate) apprised the students that Legal services Authorities Act, 1987 was enacted for providing free and competent Legal services to the weaker sections of the society to ensure that opportunities for securing justice were not denied to any citizen by reason of economic or other disabilities. They explained different schemes including Legal services to Disaster Victims, NALSA, Legal services to Senior Citizens and Victims of Acid Attacks etc.



Lecture on Drug Abuse

With an objective to aware about the drug abuse and its harmful effects, a lecture on 'Drug abuse' was organized by Sociology Dept. Mr. Pankaj Kumar (Incharge, Freedom from Drugs Group) was the speaker for the lecture, who discussed about how the pressure of modern society and individualistic life creates a challenge for the youth across the globe to stay alert and cautious of falling in the drug addiction traps. He concluded his talk mentioning various precautions to find other ways to relax, remain attentive, not believing in false encouragements and always trust one's family.



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International Seminar

On the occasion of 550th Parkash Purab of Shri Guru Nanak Dev Ji, International Seminar on "Guru Nanak Ik Yug Purush" was organised by History & Punjabi Dept. in collaboration with Shiromani Gurudwara Prabhandhak Committee, Amritsar dated 5th November 2019. The Keynote speaker was Dr. (Prof.) Ishwar Dyal Gaur from Panjab University, Chandigarh. The occasion was marked by the presence of eminent speakers S. Satokh Singh from Australia, S. Balwinder Singh Jaura Singha, Former Secretary SGPC, Amritsar, Dr. Dharam Dutt from Guru Nanak Dev University, Amritsar, Prof. Raj Kumar and 30 delegates from different colleges. They apprised the students about relevance of teachings of Shri Guru Nanak Dev Ji and their relevance to the present day problems related to environment, religious tolerance, women empowerment and equality.



Youth Festival

Youth Festivals are the cradles of the students' artistic and cultural development. It has become the forum where young artistic talents are discovered. It is an excellent way of bringing together passion and fervor translating them into innovations and transformation. Our students came up with flying colours of victory by bagging 2nd Position in Poetry and Debate, 3rd Position in Phulkari, On the Spot Painting, Rangoli and Collage Making competition respectively in Zonal Youth Festival organized by Guru Nanak Dev University, Amritsar. College Principal congratulated all the winners and incharges of Youth Festival.



Inter School Fest

To provide opportunities to develop and hone the students' skills, explore talents and abilities besides providing a platform for interaction amongst students and faculty members, a one day Inter-School Fest on 'Beti Bachao Beti Padhao' was organized by Youth Club on 2nd Nov 2019. This fest was attended by more than 257 students from across 20 schools in Gurdaspur District who participated in 23 different events. The overall winner of this fest was Jiya Lal Mittal DAV Public School, Gurdaspur. 1st, 2nd and 3rd trophies were given to the winners. Participation certificates were given to all the students. The entire event was covered by INSAF TV and also telecasted via You-tube. On the whole, it was a great learning experience for all the participants.



Constitution Day

Constitution Day was celebrated in the campus by Political Science Dept. and NSS club on 26th Nov 2019. Madam Principal expressed her views on the process of making of the Indian Constitution and contribution of the Constituent Assembly. She addressed the students to acknowledge the contribution of the framers of the Constitution and to abide by the Indian Constitution. Mrs. Daljinder Kaur Head, Department of Political Science delivered lecture on Fundamental Duties enshrined in the Indian Constitution. Declamation and Quiz Competition on history of the Constitution was also organized. The programme was attended by faculty and students.



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International Human Rights Day

The college celebrated International Human Rights Day with an aim to improve the physical, social, spiritual well being and welfare of the people globally. It was organized by Sociology dept. , Pol . Sci. dept. and Women Cell of the college .Ms.Lakhbir Kaur, Principal Govt.Sen. Sec.School Babejali and Ms. Vijeyta Mahajan Lect.in Economics were invited as Resource Persons. Ms. Kajal Mahajan, alumni of the College was also invited as a speaker. On this event Ms. Lakhbir Kaur explained about various aspects of Human Rights and in particular Women Human Rights . Ms. Vijeyta Mahajan gave an insightful lecture on economic independence and also laid emphasis on the importance of self defence for girls. Madam principal expressed her views about women's economic empowerment which refers to the capacity of woman to participate in, contribute to and benefit from growth processes. Mrs. Daljinder Kaur(Asst. Prof. in Political Science) explained about significance of the Universal Declaration of Human Rights which was adopted by United Nations General Assembly in 1948. Dr. Rama Gandotra(Asst. Prof. in Sociology) laid emphasis on youth participation which is essential to achieve sustainable development for all.



Celebrating Togetherness



'Festival of Fervor' was organized by Youth Welfare Club of the College for +1 and +2 students with full enthusiasm. The occasion was marked by the presence of Ms. Shipra Gupta Principal, Smt. Dhan Devi D.A.V Public School,Gsp. Students dressed in their finery performed Bhangra, Group Dance, Choreography, Skit and Modelling. In modelling students walked on the ramp, introduced themselves and also answered the questions of judges. Ms. Muskan Arora was selected as Miss. S.D, Ms Garima, Ms Harleen, Ms Gurman and Ms Primaljeet got 1st runner up, 2nd runner up, Beautiful attire and Beautiful eyes titles respectively. A heart touching skit was staged on the

safety of girls in society. It conveyed the message not to trust anyone except their parents. Girls must share everything with their parents and raise their voice to stop this crime. The Chief Guest appreciated the entire event a lot. She motivated the students with her inspirational words. She advised the students to make distance from mobile phones. It was followed by a formal vote of thanks by Madam Principal.

Sports Achievements

Sports competitions inculcate the spirit of positive challenges among students and prepare them for life ahead.The students brought laurels to the college with their commendable achievements in Volleyball, Karate and Boxing. Our Team got 1st position in Volleyball Inter College competition held at GNDU Amritsar. In Karate Inter College Championship Palvi Sohal and Saloni Abrol bagged third position. Ms. Palvi Sohal got 1st Position in International Boxing Championship held at LPU Jalandhar. In Inter College Boxing Competition held at GNDU Amritsar Palvi Sohal got silver medal. Sarandeep Kaur and Saloni Abrol got bronze medal. All sports students have been given sports kit by the College management.



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